



## Amsler Grid Test

**If you have problems reading this leaflet please ask us to send you a copy in a larger print size or in an alternative format.**

If your first language is not English or Arabic we can arrange for an interpreter to be available. Please let us know in advance if you require this service.

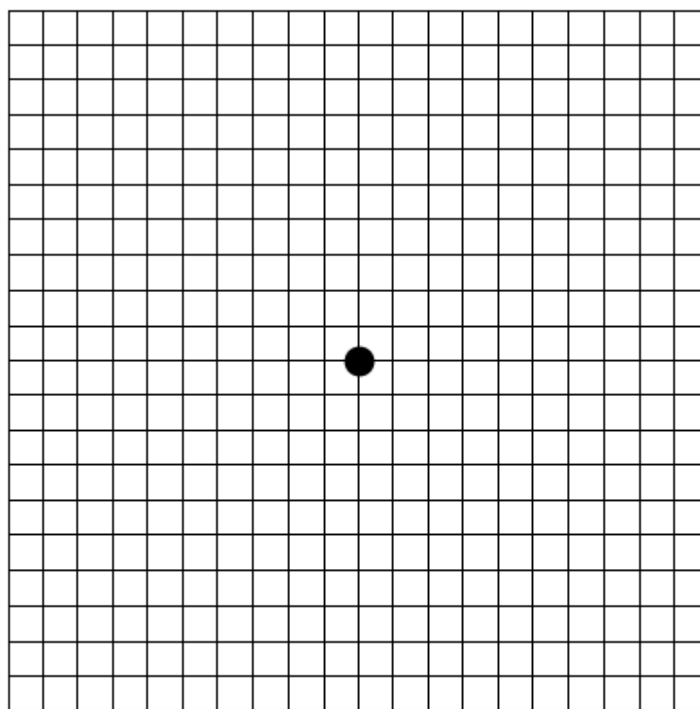
This booklet has been designed to help answer some of the questions you and your family or friends may have about Amsler Grid, to explain what is involved. If you have any questions and concerns, please do not hesitate to speak to a doctor or nurse caring for you.

This test is a very important tool in detecting macular changes which require visiting the eye doctor and evaluation to see if there is need for treatment. And it should be used every day or every other day.

Patient should wear reading glasses [if prescribed for reading/near distance]. Eyes are tested one at a time. Patient should start with the right eye by covering the left eye, hold the chart at reading distance from the eyes in good light, then to look at the black central spot in the below grid, and while staring at the central black spot he/she should try to recognize any irregular [wobbly] line in the chart. If there is a line that is irregular then it should be marked with a pen to show it later to the doctor. The same process should be repeated for the left eye.

Some patients tend to put this form in a special place in their house to facilitate the test and in order to serve as a reminder to do the test regularly: But it's up to you to find the convenient way for you.

**Kindly note that this test is not intended to replace regular eye exam.**



**Is there anything I should look out for?**

**You should contact your eye doctor without delay should you recognize any irregular [wobbly] line in the chart.**

Age related macular degeneration patients should use the below vitamins and supplements:

- **AMD Supplements [according to AREDS 2]:** Vitamin C 500 mg + Vitamin E 400 IU + Lutein 10 mg + Zeaxanthin 2 mg + Zinc 25 or 80 mg + Copper 2 mg.
- **Care should be taken not to use vitamin A in smokers or ex-smokers as it sometimes could lead to tumours.**

## References

This leaflet was edited by specialist ophthalmologists from the GCEO Group® who are licensed in the EU and the Middle East. This leaflet was edited based and in accordance to the guidelines of the:

- The American Academy of Ophthalmology (USA) - Preferred Practice Pattern Guidelines:

<https://www.aao.org/about-preferred-practice-patterns>

- The Royal College of Ophthalmologists (UK):

<https://www.rcophth.ac.uk/standards-publications-research/clinical-guidelines/>

- National Institute for Health and Care Excellence (UK):

<https://www.nice.org.uk/about/what-we-do/our-programmes/nice-guidance/nice-guidelines>

- The International Council of Ophthalmology:

[http://www.icoph.org/enhancing\\_eyecare/international\\_clinical\\_guidelines.html](http://www.icoph.org/enhancing_eyecare/international_clinical_guidelines.html)

## More resources:

The American Academy of Ophthalmology (USA) - Eye Health A-Z:

<https://www.aao.org/eye-health/a-z>