

# BRIAN M. BROWN, M.D.

10933 LAKEWOOD BLVD. DOWNEY, CA 90241

562-904-1989

[www.brianbrownmd.com](http://www.brianbrownmd.com)

## AMSLER GRID INSTRUCTIONS

Tape this to your bathroom wall or wherever else is convenient and where you will see the test every day. You should perform the test every day.

With your reading glasses in place, hold the test 12-14 inches from your face. Each eye is tested separately. Cover the left eye and concentrate on the large dot at the center of the graph with your right eye. While looking at the large dot, note whether all the lines are straight and evenly spaced, as they should be. If there are any wavy lines, broken lines or any other distortions of the tracks, sketch their approximate location and size. These should not change from day-to-day. Now cover your right eye and repeat the test with your left eye. If there are any distortions, note them with a different color pen or pencil (You may also use a separate graph for each eye.).

We want to know immediately if there are any changes in the distortion or new distortions. Please call our office directly at 562-904-1989 for an urgent examination and bring the graph with you.

