



Amsler chart

You can use an Amsler chart to monitor your central vision. If you are at risk of, or have recently been diagnosed with, age-related macular degeneration or another eye disease, you can use this chart at home.

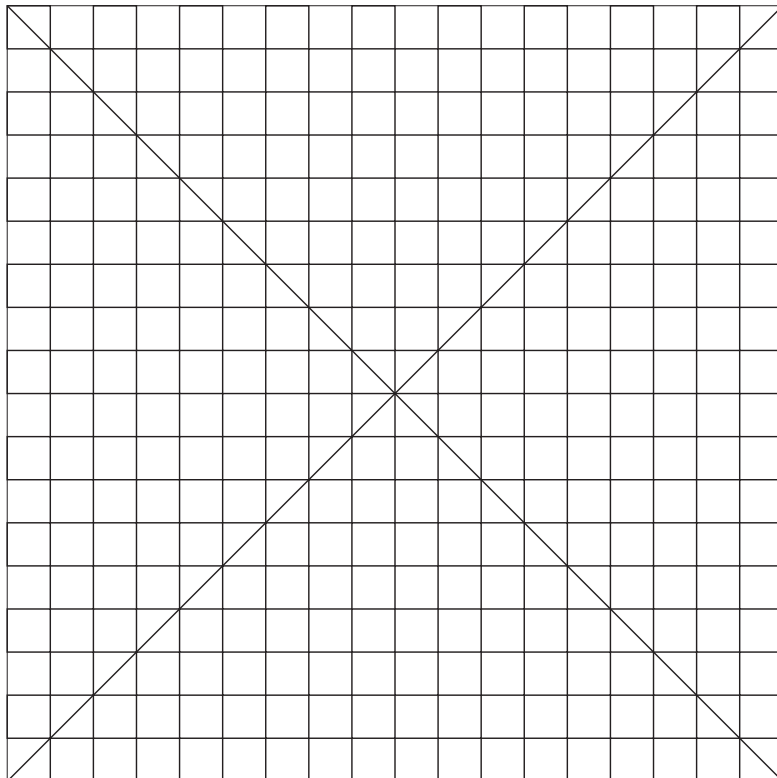
You can use an Amsler chart to check for signs of inflammation or fluid leakage in the central area of the retina. It works by making any distortion in your central vision more obvious. If you have been advised to monitor your vision for signs of distortion, you should test yourself with this chart regularly.

Instructions on using the chart

- 1) Wear your reading glasses.
- 2) Hold the chart about 15 inches away from your eye.
- 3) Close one eye and look at the central dot.
- 4) Note any wavy lines, distortion or fuzziness.
- 5) Repeat with the other eye.

You should tell your optometrist as soon as possible if you notice any of the following:

- A blurred or grey patch in your vision
- Straight lines appearing distorted
- Objects appearing smaller than normal



About the AOP

The Association of Optometrists (AOP) is the leading representative membership organisation for optometrists in the UK. We support over 80% of practising optometrists, to fulfil their professional roles to protect the nation's eye health. For more information, visit www.aop.org.uk