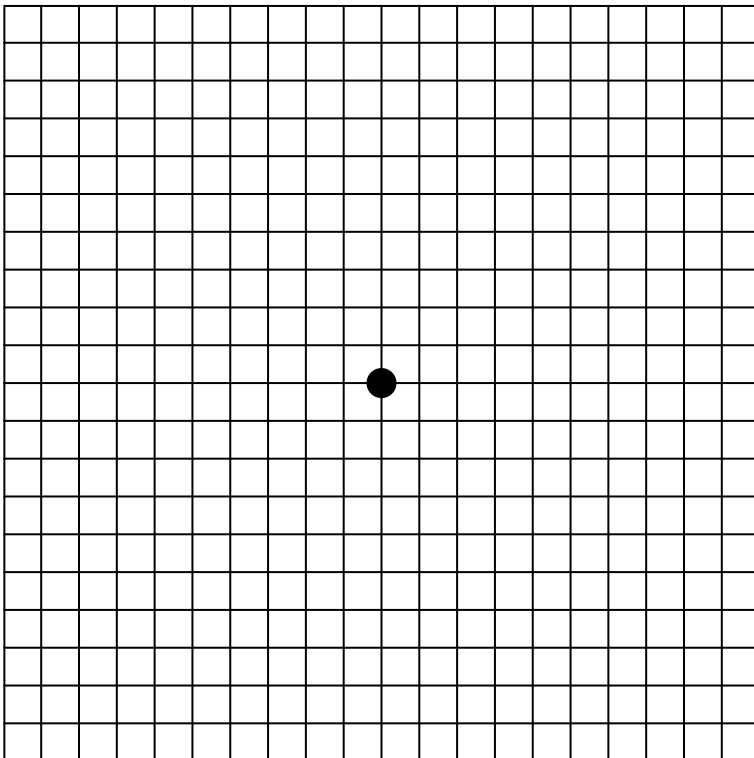


# The Amsler chart



YOUR OPTOMETRIST

## How to use this chart

- Wear the glasses you usually wear to read.
- Hold the chart about 30cm (12 inches) away from your face.
- Cover each eye in turn. With the other eye look at the black dot in the middle of the chart.  
Are all the lines straight?  
Do you see any distortion, or any broken or wavy lines?  
Do you see any missing patches?
- If you see anything unusual you should contact your optometrist straight away.

The College is the professional body for optometry. It qualifies the profession and delivers the guidance and development to ensure optometrists provide the best possible care. Our members use MCOptom or FCOptom after their name. Membership of the College shows their commitment to the very highest clinical, ethical and professional standards. Look for the letters MCOptom or FCOptom to see if your optometrist is a member.

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