

Reveal  
Yourself

naked specs

## What's my PD and how do I get it/measure it?

Your Pupillary Distance is the measurement between the centre of your pupils, in millimetres. You can measure it with a ruler, or get your Optometrist to include this measurement on your prescription.



*In the example above, the measurement is 63mm. This is your Distance Vision PD. If you are ordering glasses for reading, you will need to deduct 3 mm to get the correct PD for Near Vision.*

Pupillary Distance can be written in different ways, here's an explanation:

**Monocular PD** – this will be written as two separate numbers, something like this 29/31 or this OS29/OD31. This simply means that the distance between the centre of the bridge of your nose to the right eye and left eye are different. (OS means right eye and OD means left eye).

Your optometrist will usually use the Monocular PD if the distance from the bridge of your nose to each eye is different.

**Binocular PD** – this is the total distance from the centre of one pupil to the other. It will usually be written something like this PD60 or OU60. (OU means both eyes).

**Near and Far PD** – this is typically written as 58/61 or NV58/FV61. Your near vision PD would be used for reading glasses, and the far vision PD would usually be used for progressive or bifocal glasses.

If this sounds too tricky, just email or call us, we'll make it easy!

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