

WHAT IS PD?

Pupillary Distance (PD) is the distance between the centers of each pupil, measured in millimeters.

Follow the directions listed below to find your PD, using the ruler on page 2

PRINT THE RULER AND FOLD THE RULER ALONG THE DOTTED LINE

WITH A MIRROR

1

Fold the ruler, then flip it to the side that says "WITH A MIRROR"

2

Stand approximately 8 inches away from a mirror

3

Hold the ruler horizontally above your eyes, aligning the zero directly over the center of your LEFT pupil.
(Note: hold the ruler against your forehead for stability)

4

Cover or close your LEFT eye. The mm mark that directly aligns with the center of your RIGHT pupil is your PD

OR WITH HELP

1

Fold the ruler, then flip it to the side that says "WITH HELP"

2

Focus on an object 10-20 feet away

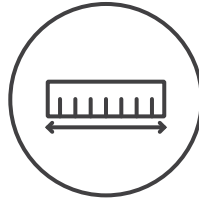
3

Place the PD ruler against your forehead, aligning the zero directly over the center of your RIGHT pupil.
The mm mark that directly aligns with the center of your LEFT pupil is your PD
(Note: Your helper may need to close one eye to read the precise number)



PRINT

Print this page at 100%;
no scaling



CHECK

Check this page is to scale by using the
credit card diagram below or a ruler



FOLD

Fold this page along
the dotted line below

