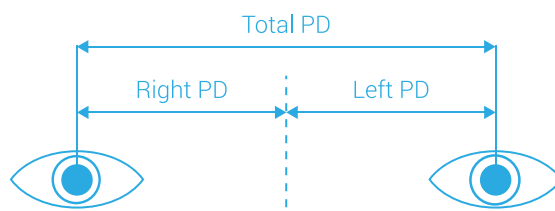


## How to Measure your PD (Pupillary Distance)

### PD (PUPILLARY DISTANCE):

Distance in millimeters (mm) between the centers of the pupils in each eye. This measurement is used to make prescription glasses.



## 1 PREPARING THE RULER



**PRINT THIS PAGE**  
without scaling, at 100%.



**DOUBLE-CHECK SCALE**  
by measuring against a standard  
mm ruler or the credit card diagram below.

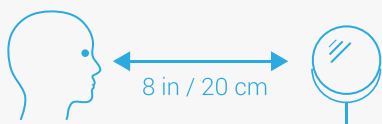


**FOLD THE RULER**  
along the dotted line.



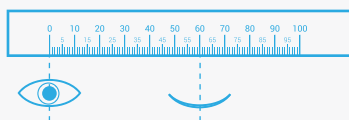
## 2 MEASURE YOUR PD

### 1/ POSITION YOURSELF



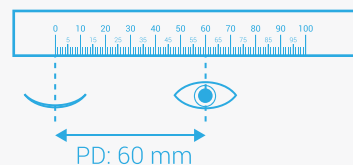
Position yourself arm's length from your friend or yourself approximately 8 inches (20cm) away from a mirror.

### 2/ ALIGN THE RULER



Close your left eye and align the 0 mm over the center of your right pupil. Place ruler against forehead for stability.

### 3/ CLOSE YOUR EYE



Close your right eye and note the reading directly over your left pupil. That will be your PD. (Most adults have a PD that falls between 57 - 72mm)

## PD RULER

