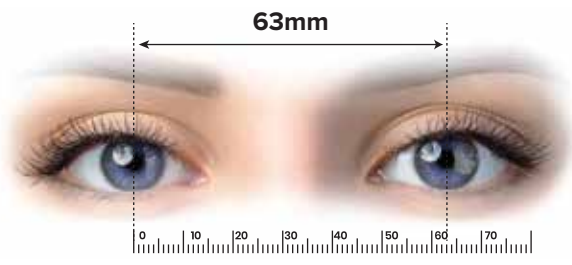


- 1 **Print out this page at 100% without scaling.** Double-check the proper scale by placing a credit card on the right side. You can also use your own metric ruler, if you have one.
- 2 **Cut out the PD ruler** below and fold it along the dotted line.
- 3 **Look at yourself in the mirror** or have someone else read the ruler. If someone else is reading the ruler, they must be at the same height as you.
- 4 Close your right eye and **line up the starting point (0mm)** with the center of your left pupil. This measurement is only accurate if your are looking straight ahead.
- 5 When the 0mm mark on the ruler is lined up correctly, **the mark that lands in the center of the right pupil** is your pupillary distance (PD).

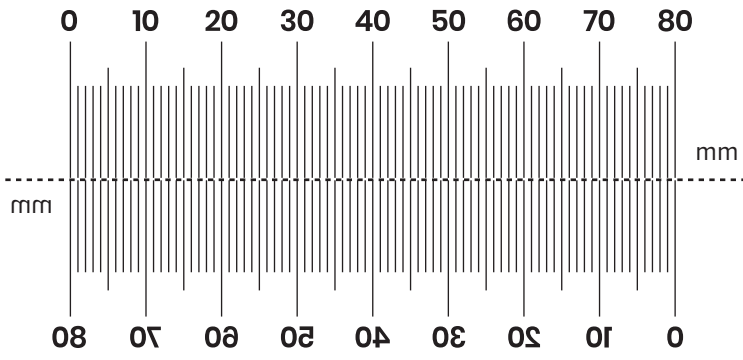
### What is PD?

**Pupillary Distance (PD)** is the distance measured in millimeters between your left and right pupil. Most adults have a PD between 54-74mm.



Measure this area against a credit card to assure printout is accurate.

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