

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

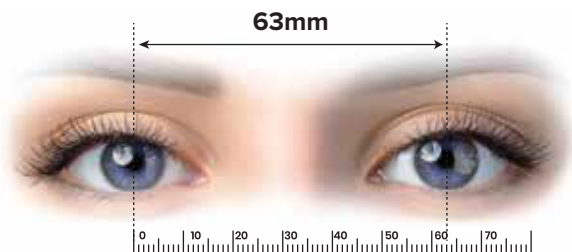
Close your right eye and **line up the starting point (0mm)** with the center of your left pupil. This measurement is only accurate if you are looking straight ahead.

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?

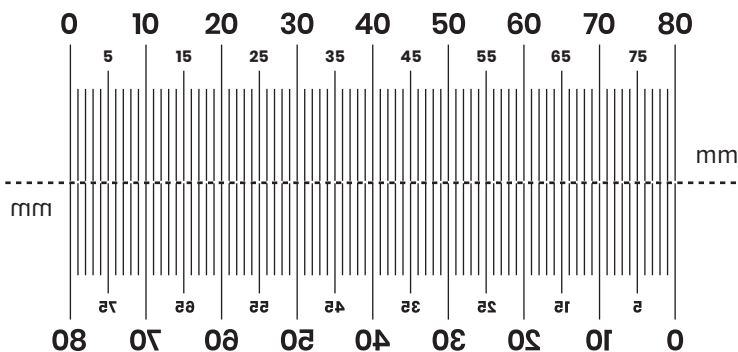
Pupillary Distance (PD) is the distance measured in millimeters between your left and right pupil. Most adults have a PD between 54-74mm.



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



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