

Measure Your Pupillary Distance

1. Print out the ruler below - ensure scale is set to 100%
2. Fold the ruler along the dotted line
3. It's best to have a friend assist you. Otherwise, you can measure it yourself in the mirror.
4. Position the ruler beneath your eyes. The number "0" should be at the center of your left pupil.
5. Looking straight ahead, mark the place on the ruler that lines up with the center of your right pupil. That number is your PD.

What's PD?

PD is short for pupillary distance. This is the distance, in millimeters, between the pupils of the eyes. This measurement is required to correctly position your lenses. Check your previous eyewear receipts or your eyeglasses prescription for this number, or you can use the PD ruler provided below to take your PD measurement.

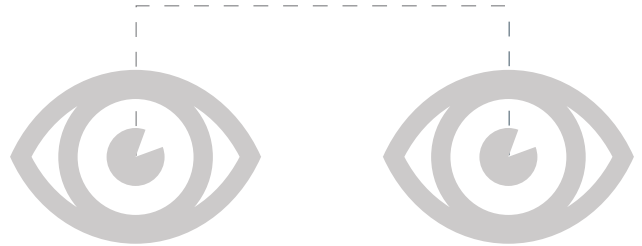
Tips to Print:

1. Open with Acrobat Reader
2. Make sure page scaling is set to "none"
3. Ensure scale is set to 100%

The average PD for an adult will range between 55-68mm.

IMPORTANT!

Place your credit card over this image to verify proper scale.



PD Ruler

