

how to measure your pupillary distance

1. Print out the ruler below - do not scale (use a ruler to double-check)
2. Fold ruler along the dotted fold line
3. We recommend using a friend for assistance - but we've also set up one side as a mirror image so you can read it while looking at your reflection.
4. Position the PD Ruler under your eyes - 0 should be under the center of your left pupil.
5. Looking forward, mark where the ruler lines up with the center of your right pupil.

what's PD?

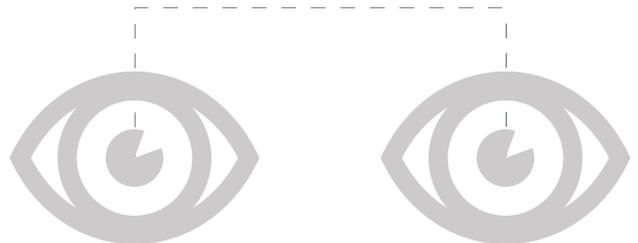
PD is short for pupillary distance. This is the distance in millimeters between the pupils of the eyes. This measurement is required to correctly position your lenses. Check your previous eyewear receipts or materials for this number, or you can use the PD ruler provided below to take your PD measurement.

Double-check this print out. Take a credit card and place it on the graphic outline below to ensure size accuracy.

place credit card here

Helpful Hint: Make sure your page scaling is set to "None" in your print settings.

The average PD for an adult will range between 54-74mm.



PD ruler

