

PD (PUPILLARY DISTANCE):

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



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.



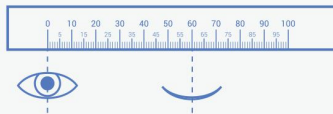
MEASURE YOUR PD

1/ POSITION YOURSELF



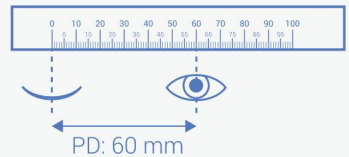
Position yourself arm's length from your friend or yourself approximately 8 inches (20cm) away from a mirror.

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

