

How to Measure Pupillary Distance (PD)

STEP 1



Print this page
Without scaling,
at 100%.

STEP 2

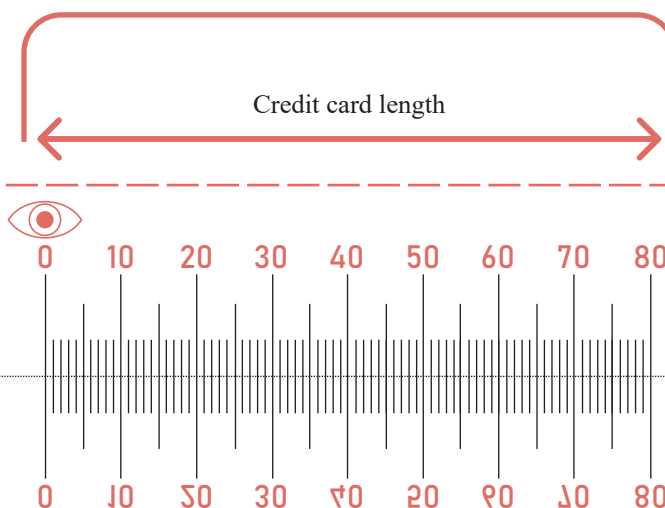


Double-check scale
By measuring against a
standard mm ruler, or the
credit card diagram below.

STEP 3



Fold the ruler
Along the dotted line



STEP 4



Get Ready
Stand in front of a mirror or
ask a friend to help. Place
the ruler horizontally
against your brow, keeping
your face straight.

STEP 5



Measure
Align the zero directly above the
center of your right pupil. Without
moving the ruler, follow it over to
your left eye and read the
measurement directly over the
center of your left pupil.

STEP 6



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