

Pupillary Distance Ruler

Your Pupillary Distance, or PD, is the distance in millimeters between the center of one pupil to the center of the other.



STEP 1 - PREPARE

Use your own metric ruler or print this page.
To print this page, print at 100% or
use the 'No scale' or 'Actual size' setting.
When printed at the correct scale, a credit card
should fit in the box shown to the right.

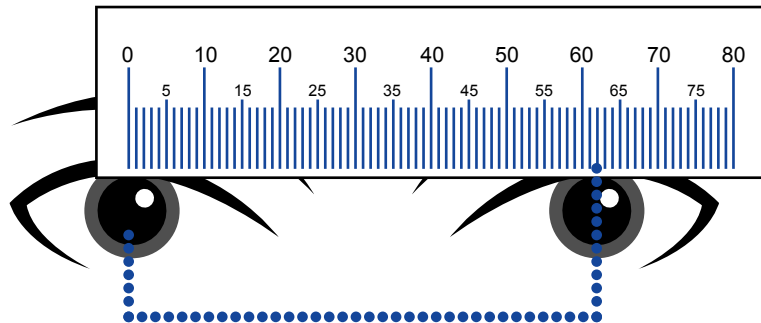
Place your credit card over this
image to verify proper print scale

STEP 2 - CUT AND FOLD

Cut out the PD ruler at the bottom of the page and fold it along the dotted line.

STEP 3 - MEASURE

Ask a friend for help, or position yourself approximately 8 inches (20 cm) away from a mirror. Place the ruler against your brow, keeping your face straight. Align the 0 mm over 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. That will be your PD.



Fold along the dotted line.

USING A FRIEND

FOLD

FOLD

USING A MIRROR

