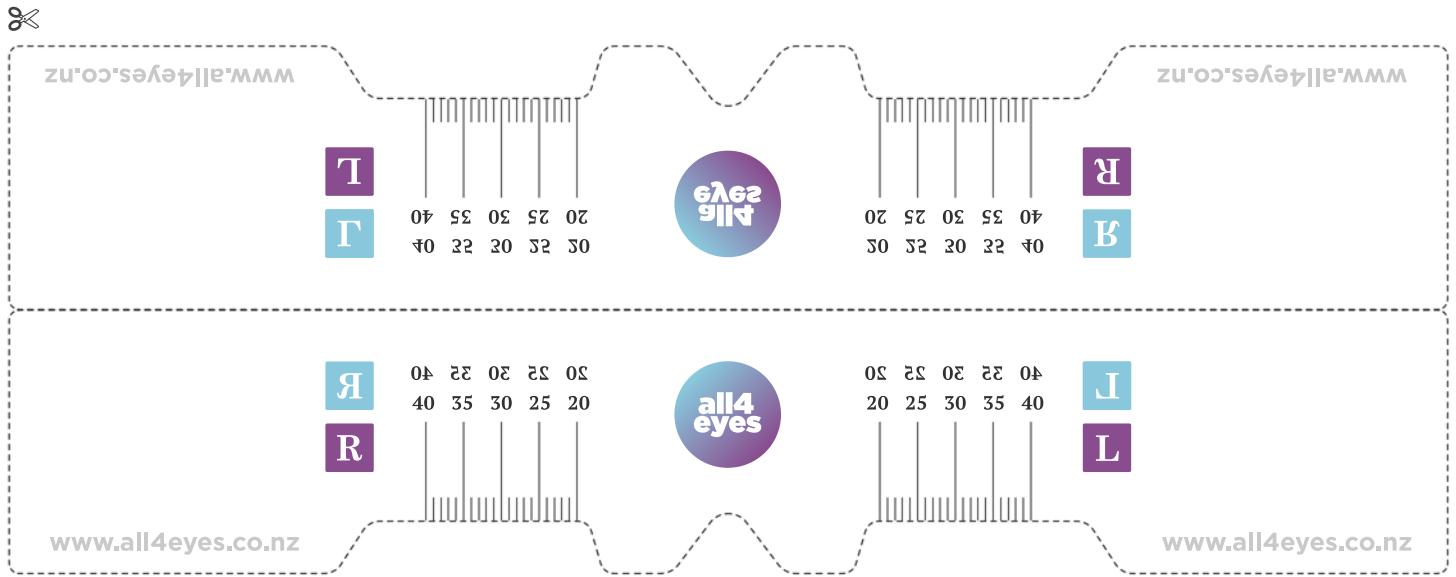




Pupil Distance Ruler



Follow these easy steps to get your Pupillary Distance (PD) measurement:

1. Print out this pupil distance ruler page. For a more stable ruler, use a thicker piece of paper to print on.
2. Ensure the printed ruler is true to scale by comparing it with a normal ruler of your own and ensure that the distances between the millimeters are accurate.
3. Cut the ruler out along the outer dotted lines, and then fold the ruler along the middle dotted line.
4. Place the indented part of the ruler on the bridge of your nose.
5. Look straight ahead into a mirror and read the distance between the centre of your nose bridge to the center of your left pupil, and then the distance between the centre of your nose bridge to the centre of your right pupil. Alternatively, get a friend or a loved one to help you.
6. Record the Left PD and the Right PD.
7. Repeat for accuracy.