HOW TO MEASURE YOUR PUPILLARY DISTANCE (PD)
by ⬡ **VisionPros**

Before you Measure:

1) Make sure you are able to print PDFs
(e.g. using Adobe Acrobat)

2) Print this page at **100% sizing**
(for MAC, set scale to 100%;
for PC set printing scaling to "off" or "none").

IMPORTANT: To ensure PD measurement accuracy, this PDF MUST be printed at the correct scale. Please place your credit card over this template to verify the sizes match.

Measuring

1) After the credit card size is verified to match, fold the PD ruler below along the horizontal dashed line.

Option 1: To measure with someone's assistance:

    a. Stand about 10 inches (about 25 cm) from the other person. Place the PD ruler over the bridge of your nose, look straight ahead, and have the other person align the 0 mm line above the center of your right pupil.

    b. Without moving your head or the PD ruler, look straight ahead and have the other person mark the millimeter line on the ruler that lines up with the center of your left pupil. Please note that you need to look straight ahead for accuracy.

Option 2: To measure yourself by using a mirror (the numbers are printed in reverse):

    a. Stand about 10 inches (about 25 cm) from the mirror. Place the PD ruler over the bridge of your nose, look straight ahead, close your right eye and align the 0 mm line above the center of your left pupil. Open your right eye.

    b. Without moving your head or the PD ruler, look straight ahead, close your left eye and mark the millimeter line on the ruler that lines up with the center of your right pupil. Please note that you need to look straight ahead for accuracy.

2) The millimeter line that is marked represents your Pupillary Distance (PD). Even though this is a very accurate method, please repeat this 2-3 times for certainty.

3) For any lens type you choose, please enter this ONE PD value on the Prescription page. (If you choose single vision reading lenses, the lens manufacturer will automatically adjust the PD value as needed).

PD Ruler (mm)   For Option 1

For Option 2

Fold