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.

CREDIT CARD LENGTH

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

Using a friend
FOLD
Using a mirror
FOLD