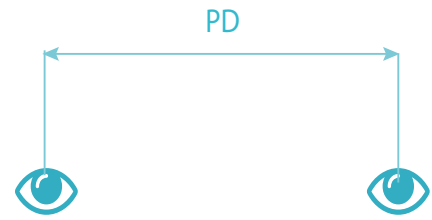


## What is PD?

PD stands for Pupillary Distance, which is the distance between your pupils in millimeters. PD is very important for accurately fitting your lenses to achieve visual acuity.

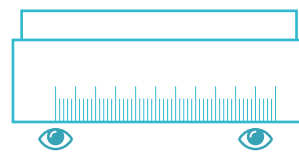
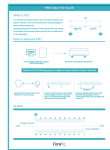
Generally, PD numbers do not change for adults. The average PD range for adults is 55-75 mm and for kids is about 42-55 mm. A difference of 2-3 mm is acceptable.



## How to measure PD?



Print this page at 100% size using the NO SCALING setting.

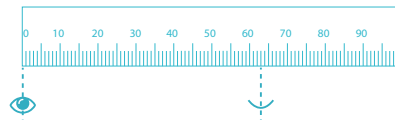


Fold the PD ruler along the indicated line.

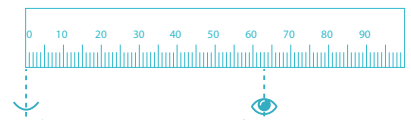
Measure in the following way and repeat at least 3 times to make it accurate.



Stand about 25cm (9.84 inches) away from a mirror. Hold the ruler over your eyes.



Close your right eye and use your left eye to look straight at the mirror. Keep the ruler's "0" measurement exactly in line with the center of your left pupil.



Close your left eye and open your right eye while looking straight. And the number right directly over your right pupil is your PD.

## PD RULER

