

Measure your pupillary distance (PD)

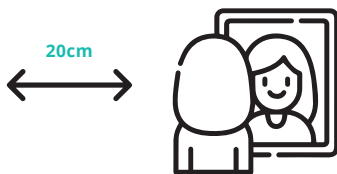
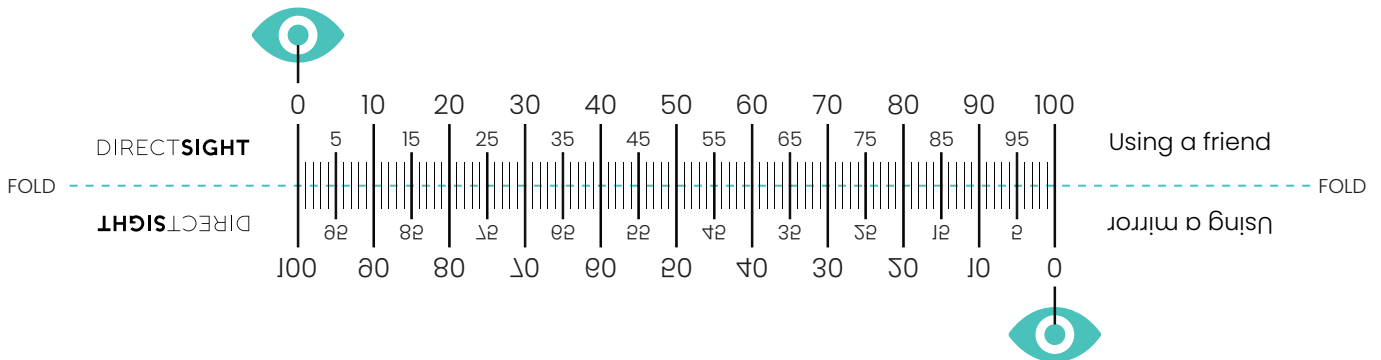
BEFORE YOU START

1. Print out this page, **without** scaling at 100%

2. Double check the scale, by holding a credit card against the diagram below

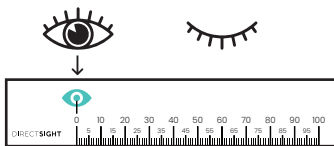
3. Fold the ruler along the dotted line

STANDARD CREDIT CARD SIZE
USE FOR SCALE



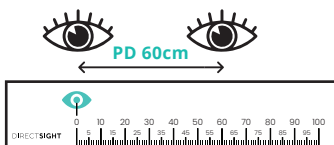
STEP ONE

Stand approximately 20cm away from a mirror. Use reversed ruler if using by yourself.



STEP TWO

Line up 0 on the ruler with the centre of your right pupil. Closing your left will ensure that the ruler is lined up perfectly with your right pupil.



STEP THREE

Look straight ahead and measure the distance between both right and left pupils. You can repeat these steps to ensure accuracy.