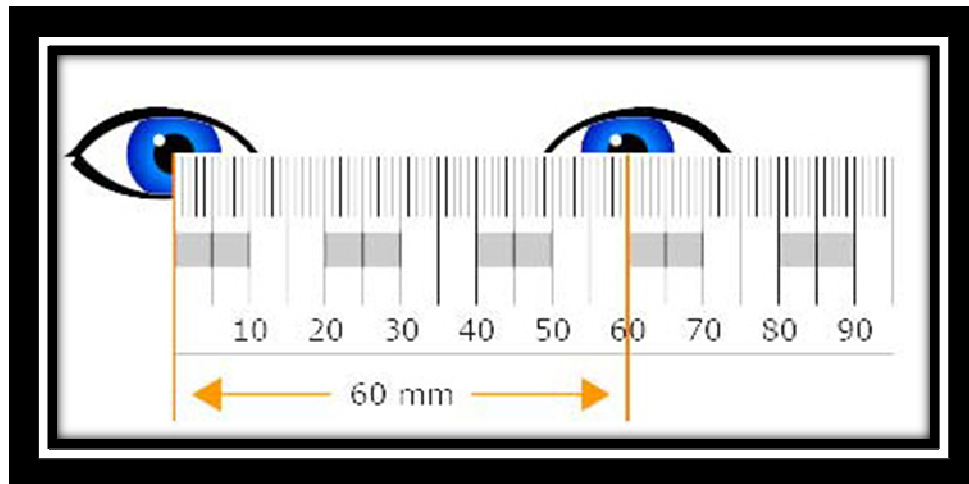




Measuring Pupil Distance (PD)

1. Ask a friend to hold the above ruler or any other MM ruler about an arms length distance.
2. Place the '0' value of the ruler at the middle of one left pupil and measure across to the middle of the other pupil..keep the ruler edge straight especially if you're using the above ruler. Please use the below image as an example:



3. The distance between the middle of each pupil is the PD.
4. While taking the measurement make sure you keep your eyes looking straight ahead.
5. Make sure you have your friend take your PD multiple times for added accuracy and take the average.
6. Please email us your PD with your order number so we can update your tray in our optical lab.

Please note: If your friend has difficulty judging the center of the pupil, the same measurement can be made using the outer margin of the iris (coloured part of the eye) of one and the inner margin of the iris of the other eye.