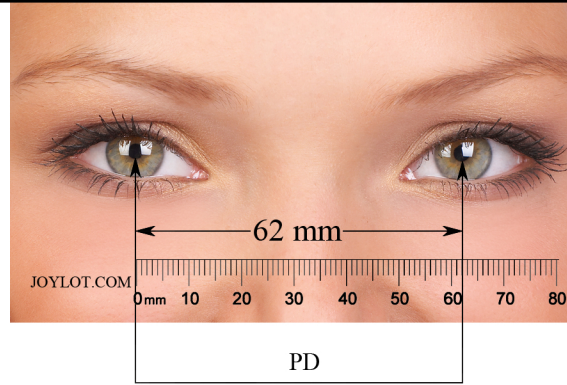




Pupillary Distance

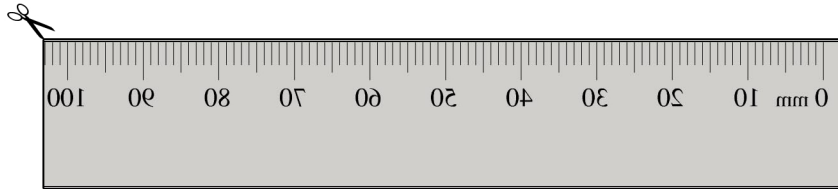
PD or Pupillary Distance, is the distance in between the center one pupil to the center of the other pupil. The PD is measured in millimeters (mm)



Adult PD's are usually between 55-65.
Children PD's are usually between 42-54.

Measure your own PD by using a mirror and this millimeter ruler!

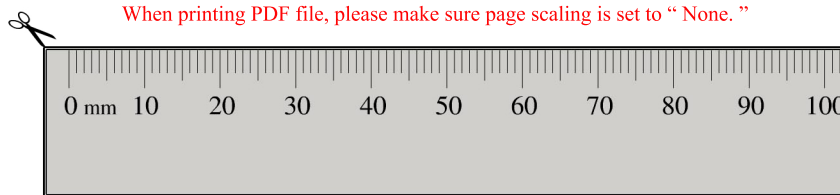
- 1) Print and cut out the mm ruler below.
- 2) Place the ruler on the bridge of your nose while looking into the mirror.
Close your right eye and then line up the zero with the center of the left pupil.
- 3) Close your left eye and take a reading of the ruler at the center of your right eye.



When printing PDF file, please make sure page scaling is set to "None."

Ask a friend to help you!

- 1) Print and cut out the mm ruler below and place it at the bridge of your nose.
- 2) Ask your friend to stand an arms length away from you.
- 3) Please have your friend measure the distance between the center of your pupils.



When printing PDF file, please make sure page scaling is set to "None."

JoyLot.com is not responsible for incorrect prescription information provided by either you or your optometrist/ophthalmologist. Please be advised that incorrect information such as inaccurate Pupillary Distance (PD) measurements could result in your inability to see well with your new order. We are not responsible for personal printer setting errors.

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