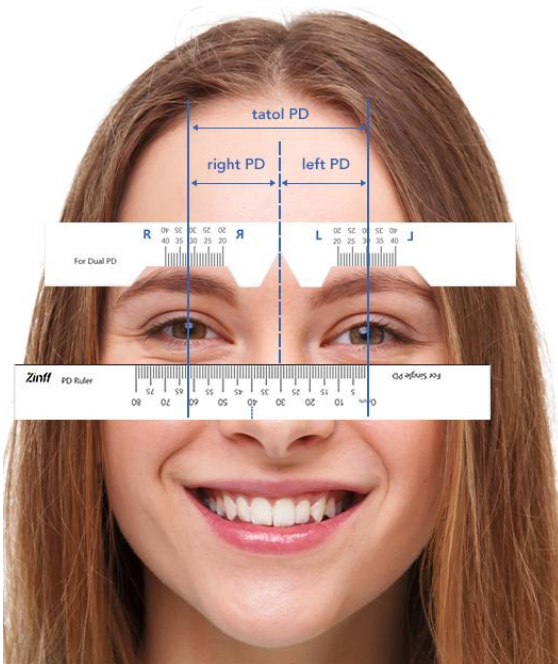


Printable PD Ruler

If a credit card fits in this box, your print scale is correct.

1. Print this page to "actual size" or setting "custom scale" to 100% using A4 paper.
2. Check if your print scale is correct by placing a credit card in the card box.
3. Cut out the ruler template along the dotted line, then fold along the solid line.
4. When measuring your single PD, use the ruler template for Single PD.
5. When measuring your dual PD, use the ruler template for Dual PD.



Measure Single PD step-by-step instructions:

1. Stand 8 inches (20 cm) away from a mirror.
2. Close your right eye. Align the ruler to your left pupil center across your eyebrow/under your eyes.
3. Open your right eye and read the distance between the center of your two pupils.

Measure Dual PD step-by-step instructions:

1. Stand 8 inches (20 cm) away from a mirror with the ruler centered on the bridge of your nose.
2. Close one eye at a time and read the distance between the center of your nose and the open eye pupil.



Fold >

< Fold

