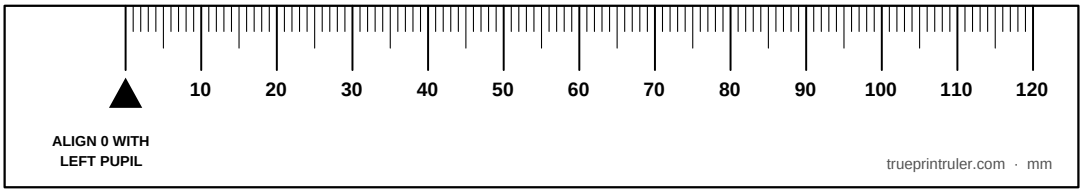
TRUEPRINTRULER.COM

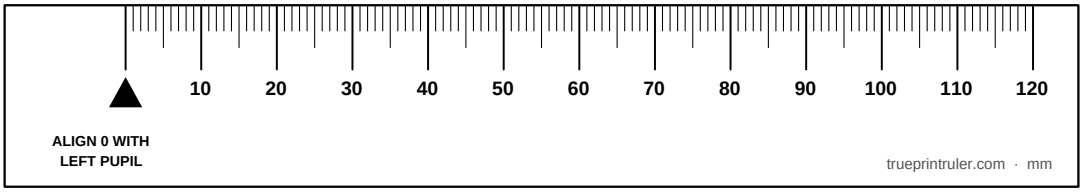
# Pupillary distance (PD) ruler

A4 · print at 100% / Actual size · check the scale bars before measuring

**PD RULER**




**SPARE PD RULER**




**HOW TO MEASURE YOUR PD**

1. Cut out a ruler. Stand about 30 cm (12 in) from a mirror in good light.
2. Hold the ruler flat against your face, just under your eyes, with the marks at the top.
3. Close your right eye. Line up the 0 mark with the centre of your left pupil.
4. Close your left eye and open your right. The mark under the centre of your right pupil is your PD in mm.
5. Reset the ruler and repeat. Record each reading; recheck the setup if the readings differ.

   Ask an optician for the most accurate measurement, especially for complex lenses.

**BANK CARD CHECK**

Any credit, debit or ID card should cover this outline exactly.

85.60 × 53.98 mm (3.370 × 2.125 in)

**SCALE CHECK** A4 · 210 × 297 mm




**trueprintruler.com**

Both bars must measure exactly 5 cm and 2 in. If not, print again **with Scale = 100% / Actual size.**