

Printing Tips

For accurate printing please make sure that Adobe Acrobat is set to "print at actual size" and your "paper size" is set to "A4".

These options can be found under: File > Print Setup

Measuring your Pupillary Distance (PD)

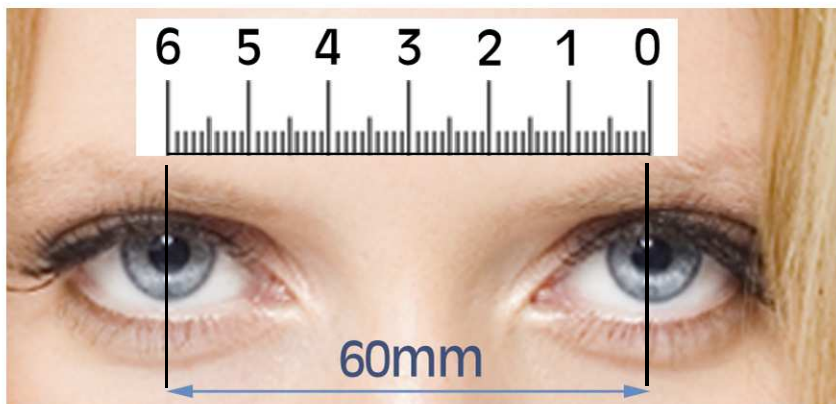
Asking a friend to help you

This is the easiest method for measuring you PD. With your friend sitting opposite you at the same height ask them to place a ruler across your forehead just above your eyes with the millimetre side facing upwards.

Next ask your friend to close their right eye and you then look directly into their left eye.

Ask your friend to slide the ruler so that the zero value is in the centre of your right pupil and to keep the ruler very steady across your forehead.

Then ask your friend to close their left eye and for you to look directly into their right eye. Your friend will then read off the measurement to the centre of your left pupil.



Please print this pdf then cut out the ruler below to measure your pupillary distance (PD).

Please make sure that your credit / debit card or coin fits the scale to the left perfectly so that you know the ruler is scale 1:1.

