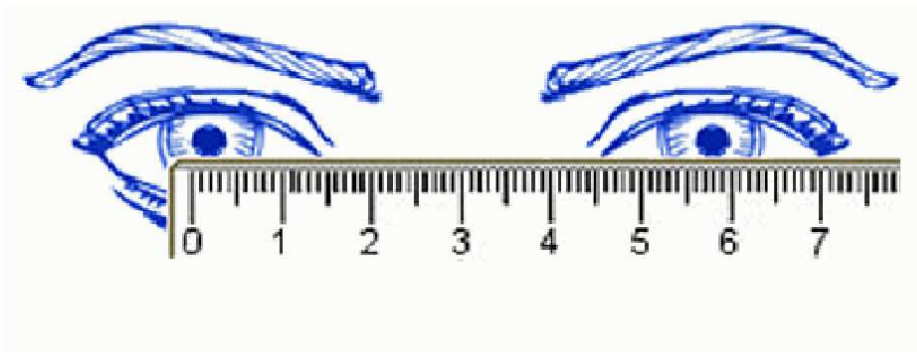


Measuring Your Pupillary Distance (PD)



Pupillary Distance (PD)

This measurement is necessary to ensure the correct positioning of your lenses within the frame you have chosen. It is recommended you ask your Optician or Doctor for your pupillary distance measurement. Nevertheless it is a simple measurement which can be taken by yourself but for best results we suggest asking a friend to assist.

To Self measure your PD:

1. Cut out the millimeter ruler above (***for accurate printing make sure your printer is set to "actual size"***)
2. Remove your glasses
3. Place the millimeter ruler on the bridge of your nose.
4. Have a friend face you about arms length away.
5. Have your friend measure the distance between the **edge** of your pupil to the **same edge** of the other pupil (***the above example would be 56mm***). (Or you can do it yourself simply by looking in the mirror).
6. Repeat the above steps to double check your measurements.

As a guideline:

- Most adults PD's are between 55-70.
- Most children's PD's are between 40-55.

If you had your PD measured for you but there is more than one number:

If you have two different numbers, you have either been given both the Distance-Reading or Right Eye-Left Eye:

- If the numbers are higher (and different), such as 63/60, the first number is your Distance PD and the second is your Near PD (for readers).
- If the two numbers are lower (and maybe different), like 31/30, then you had someone take your PD one eye at a time (called "monocular PD"). The first number is for the right eye (O.D.) and the second number is for the left eye (O.S.). If you have a monocular PD available, put it in the "special instructions" section of the order form and we'll use it.