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Pupillary Distance (PD) Measurement

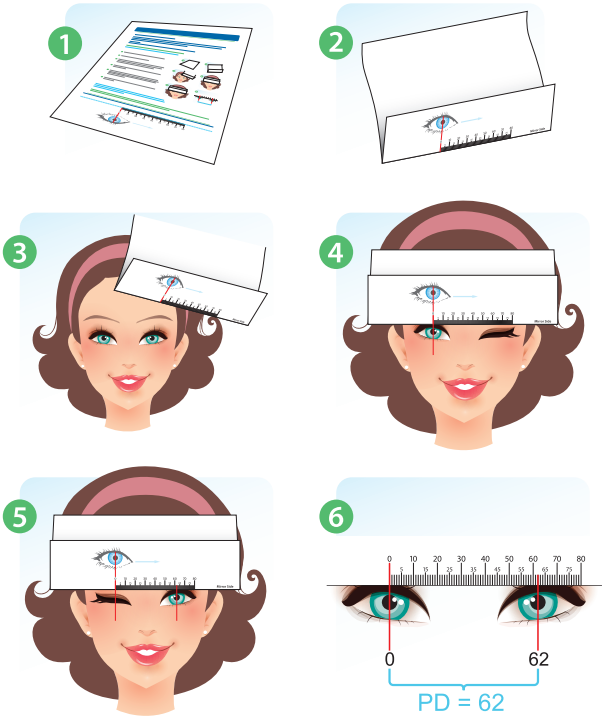
Pupillary Distance is the distance between the centre of one pupil (the central black dot of your eye) to the centre of the other pupil, measured in millimeters. PD is important as it helps the laboratory technician to accurately create your eyeglasses frames by lining up your pupils with the centre of the lenses.

As a guideline:
Most **adult** PD's are between **55-65** mm and most **kid** PD's are between **42-54** mm.

Here is an easy way to accurately measure your own PD:

If you are unable to accomplish this yourself, have someone help you !

1. Print this page with NO SCALING setting (100 % size).
2. Fold the page along the dotted line.
3. Look into a mirror at a distance of about 20 cm (8 in) away. Place and hold the PD ruler against your brow. Keep your face square to the mirror to avoid parallax error.
4. Close your right eye and align the ruler's zero to the centre of your left pupil.
5. Without moving your head or the ruler, open your right eye and close your left eye. Read the millimeter line that lines up with the centre of your right pupil. This number represents your PD in millimeters.
6. Repeat this whole process at least 3 times to get a consistent measurement.



Make sure your head and the ruler do not move after lining up the zero on the ruler until you note the measurement. This may be difficult to measure if one eye has very poor vision compared to the other eye.

The measurement you just got is your **Distance PD**. If you need your PD for prescription reading glasses then you need to know your **Near PD** which is calculated as 3 mm less than the Distance PD. For example: **Distance PD**: **62** / **Near PD**: 62 – 3 = **59**

Fold

Fold

Mirror Side