EYE POWER

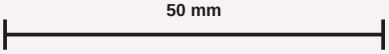
PRINTABLE PD RULER

Pupillary distance measurement guide | A4 | Print at 100% / Actual Size

CALIBRATION CHECK

This line must measure exactly 50 mm.

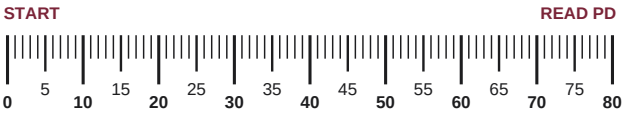
50 mm



IMPORTANT

Do not use the ruler if the 50 mm check is incorrect.
Disable “Fit”, “Scale to fit”, or printer resizing.

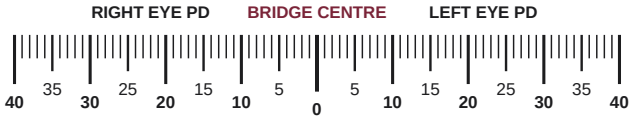
1 BINOCULAR PD - 0 TO 80 mm



Align 0 with the centre of one pupil, then read the centre of the other pupil.

Cut along outer border if desired

2 MONOCULAR PD - CENTRE ZERO



Centre 0 over the middle of the nose bridge; read each pupil separately for R and L monocular PD.

Cut along outer border if desired

HOW TO USE

1. **Print correctly** A4 paper, 100% / Actual Size. Verify the 50 mm calibration line with a physical ruler.
2. **Position the ruler** Keep it horizontal and close to the brow/bridge. Look straight ahead at a distant target.
3. **Binocular PD** Align 0 with the centre of one pupil and read the millimetre value at the centre of the other pupil.
4. **Monocular PD** Place centre 0 on the middle of the nose bridge and record right and left pupil distances separately.
5. **Repeat** Measure at least 3 times. Use the repeated value only if the readings are consistent.

PD measurement aid only - not a substitute for an eye examination or prescription.