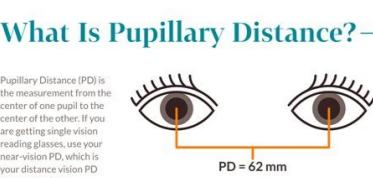
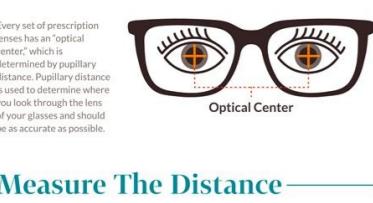


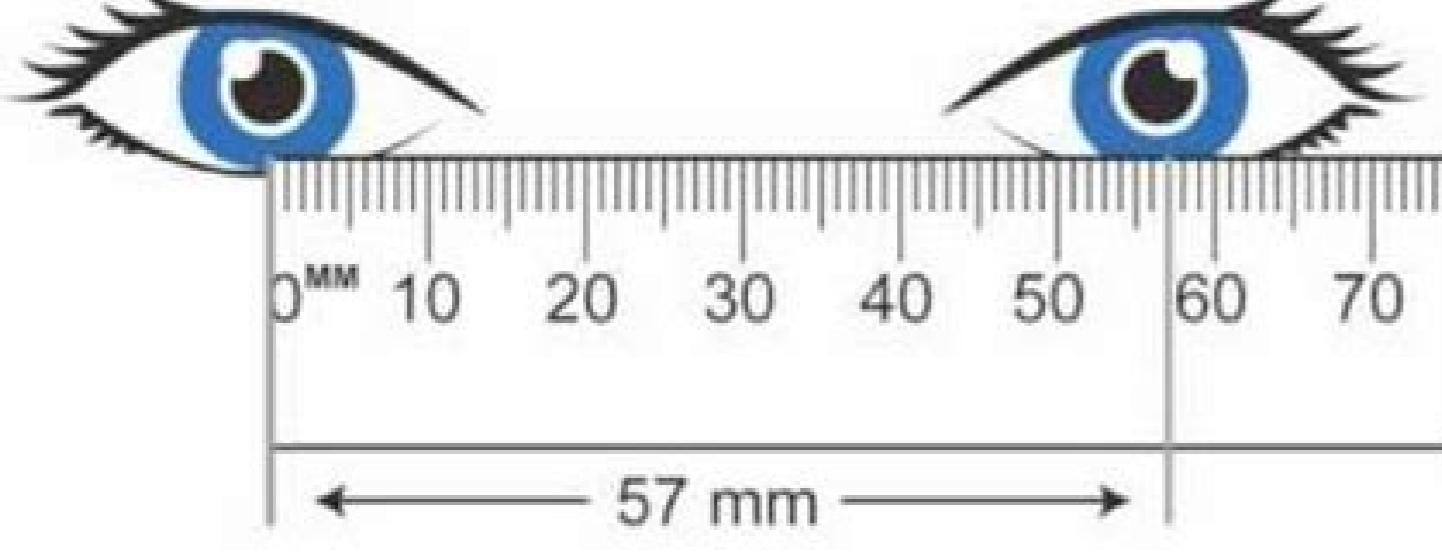
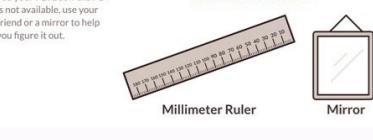
I'm not a robot!



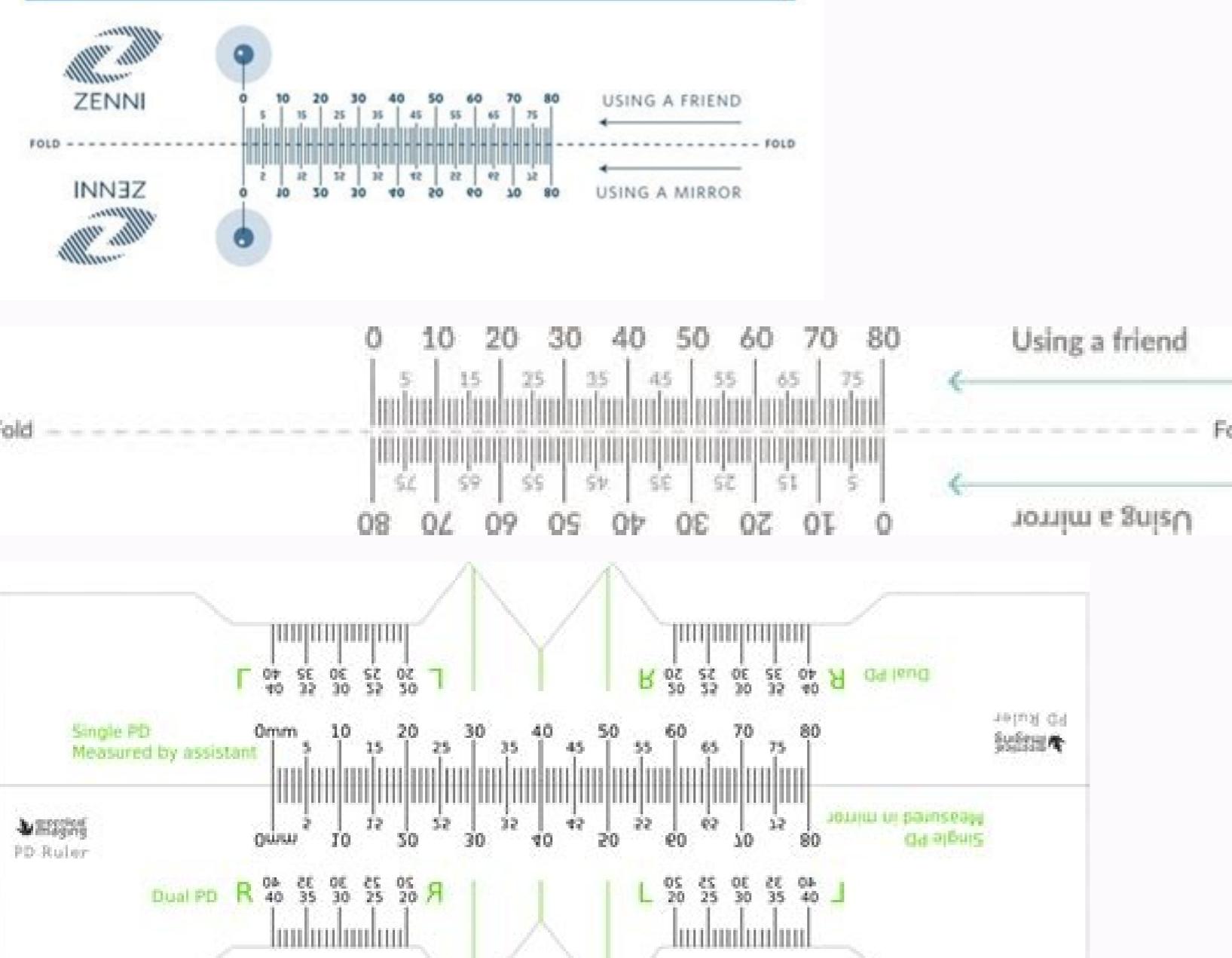
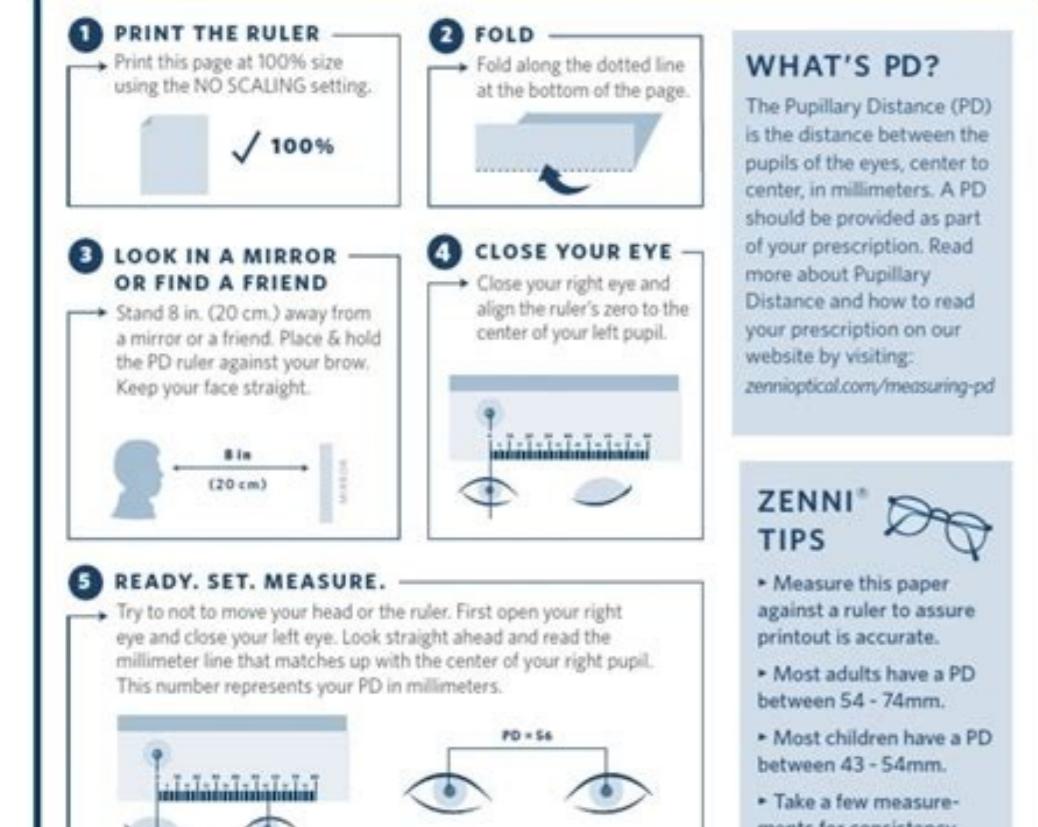
Why Is It Important?



Measure The Distance



MEASURE YOUR PUPILLARY DISTANCE



[Click to download the PDF Pupillary Distance ruler](#)

Zenni optical pd ruler printable. Zenni optical printable ruler. Zenni pd printable ruler.

This page provides instructions for measuring your pupillary distance (PD). The PD is the distance between the centers of your pupils. This measurement is used to determine where your lenses should be positioned so that they are centered over your eyes. Your prescription will indicate the PD, but if it is not available, you can use this ruler to determine where your lenses should be positioned. To measure your PD, follow these steps:

- Print this page at 100% size using the NO SCALING setting.
- Fold along the dotted line at the bottom of the page.
- Stand 8 in. (20 cm) away from a mirror or a friend. Place & hold the PD ruler against your brow. Keep your face straight.
- Close your right eye and align the ruler's zero to the center of your left pupil.
- Try to not to move your head or the ruler. First open your right eye and close your left eye. Look straight ahead and read the millimeter line that matches up with the center of your right pupil. This number represents your PD in millimeters.

WHAT'S PD?
The Pupillary Distance (PD) is the distance between the centers of the eyes, center to center, in millimeters. A PD should be provided as part of your prescription. Read more about Pupillary Distance and how to read your prescription on our website by visiting: zennioptical.com/measuring-pd

ZENNI® TIPS

- Measure this paper against a ruler to assure printout is accurate.
- Most adults have a PD between 54 - 74mm.
- Most children have a PD between 43 - 54mm.
- Take a few measurements for consistency.

USING THE RULER

The ruler is designed to be used with a friend or a mirror. If using a friend, stand 8 inches (20 cm) away and have your friend hold the ruler against your brow. If using a mirror, stand 8 inches (20 cm) away and hold the ruler against your brow while looking in the mirror. Align the zero of the ruler with the center of your left pupil. The number on the ruler that aligns with the center of your right pupil is your PD in millimeters.

USING A FRIEND

USING A MIRROR

FOLD

Single PD Measured by assistant

Dual PD Measured in mirror

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