Printable PD Ruler (pupillary distance, mm)

accurateonlineruler.com

Print at 100% scale ("Actual size"), not "Fit to page". Paper: A4.

50 mm x 50 mm
(5 cm square)

Check the scale before you measure

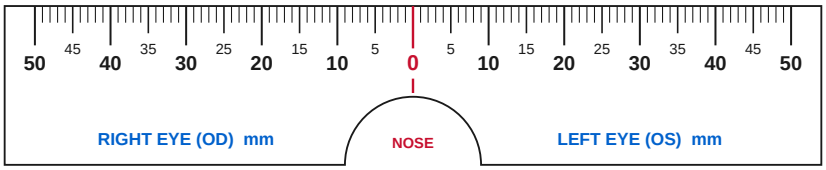
Measure the square with a real ruler. Each side must be exactly 50 mm (5 cm), and the bar below exactly 1 inch. If they are off, reprint at 100% / "Actual size" with scaling turned off. Even 2% too small would make a 63 mm PD read about 64 mm.

1 inch

Cut out the strips along the outline, including the round notch for your nose.

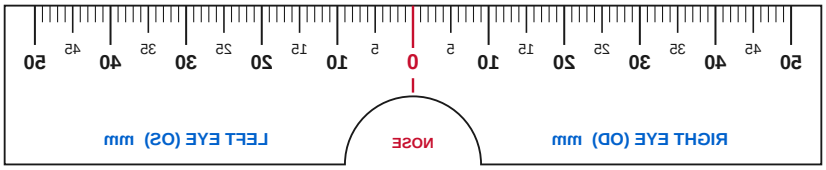
1. PD strip for a friend to read

Sit facing your friend at arm's length and look at a point far behind them (or at their nose for near PD). Rest the notch on your nose with the scale just under your pupils. They read the mark under the centre of each pupil: right, then left.



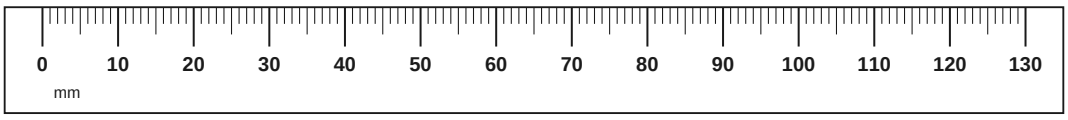
2. PD strip for a mirror (printed reversed on purpose)

Stand about 8 in (20 cm) from a mirror, printed side facing the mirror. In the reflection the numbers read normally. Close your left eye and read under your right pupil; then close your right eye and read under your left pupil.



3. Straight mm ruler (pupil to pupil)

Have a friend put 0 at the centre of your right pupil and read at the centre of your left pupil. Also handy for measuring the distance between two dots marked on old glasses.



My PD

Right eye (OD)	Left eye (OS)	Total PD (OD + OS)	Near PD (reading)
_____ mm	_____ mm	_____ mm	_____ mm

Measure 3 times and use the most common reading. Typical adult PD: 54-74 mm. Dual PD is written right/left, e.g. 32/30.

A home measurement is not an eye exam. Step-by-step guide: accurateonlineruler.com/guides/how-to-measure-pupillary-distance/