



# Printable PD Ruler

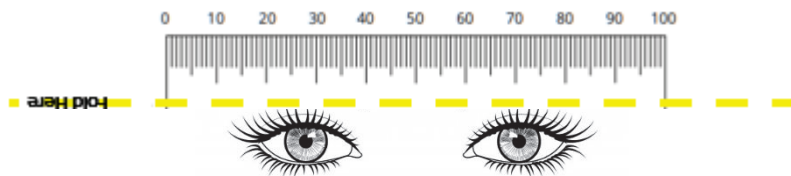
*When printing Do Not Scale*

## Step #1

Grab the following items:  
Mirror, Pencil, and  
Paper to capture your(PD)  
measurements.

## Step #2

Stand approximately 8 inches  
from a mirror in a very well lit area.

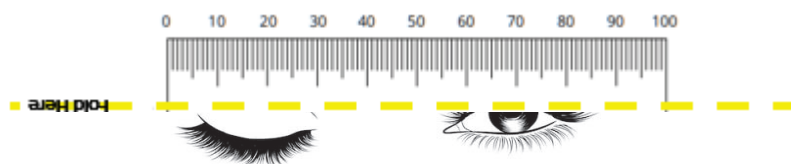
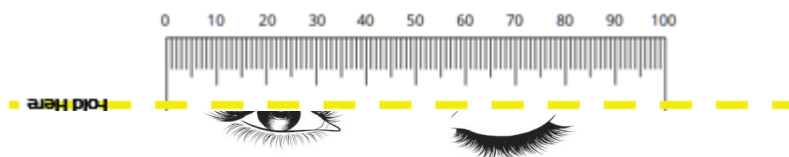


## Step #3

While looking straight ahead  
hold the ruler over your  
eyebrow.

## Step #4

Close your right eye and  
align the ruler to 0 mm in  
the center of your left pupil.



## Step #5

Now close your left eye and  
open your right eye, while  
continuing to look straight  
ahead. The mm line that aligns  
directly to the center of your  
right pupil is your PD  
measurement.

