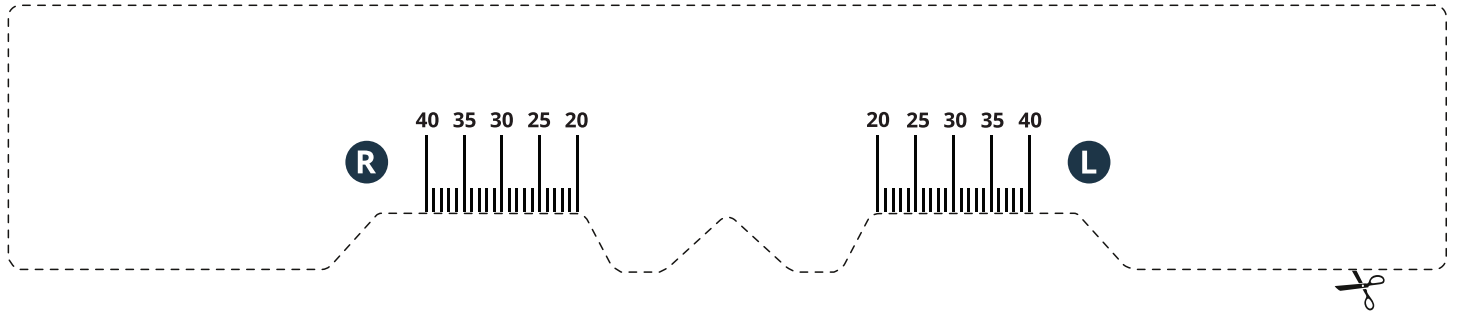


## Tool for measuring PD = Pupillary distance

(PD = Pupillary distance)



## How to measure your PD - pupillary distance?

1. Print the entire page to actual size.
2. Use a real ruler to double check for distortion on the measuring tool (1 cm must be 1 cm!).
3. Cut out the measuring tool.
4. Now, proceed with measuring your PD as following:
  - Place the measuring tool on the bridge of your nose, just like how you would wear real glasses.
  - If you do the measurement by yourself, stand in front of the mirror. Look straight ahead and mark the position of each of your pupils, measured from the bridge of your nose, on the paper scale.
  - The measurement is easiest if someone helps you. In this case, you hold the measuring tool stable and in place, while the other person simply marks the pupillary distances for the right eye (R) and the left eye (L).
  - Now you can select the measured values for PD in your order form, along with your prescribed dioptries, on [www.alensa.co.uk](http://www.alensa.co.uk)

