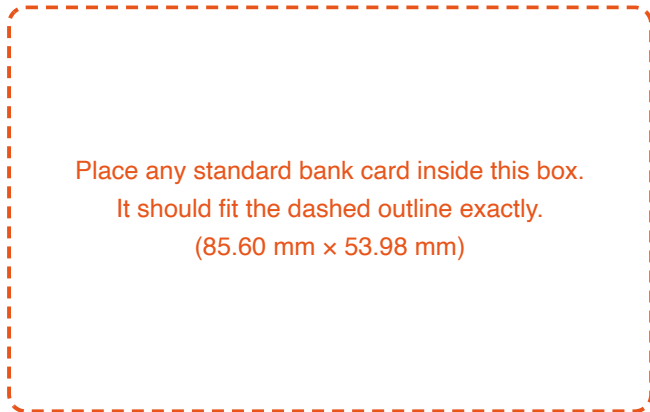


PDgo Printable PD Ruler

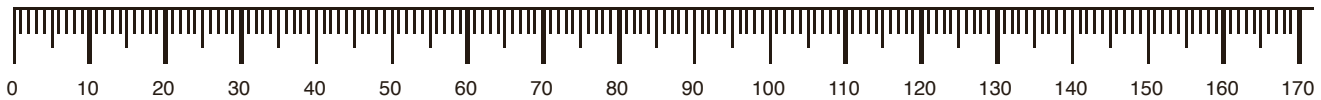
Measure your pupillary distance with this millimeter-accurate paper ruler.

⚠ **Print at 100% scale.** In the print dialog, set Scale to 100% (turn OFF "Fit to page" / "Shrink to fit"). Then verify below with any bank card before measuring.

Step 1 · Verify the scale



Step 2 · Cut out the ruler below



Step 3 · Measure in a mirror (or with a friend)

1. Stand about 20 cm from a mirror. Hold the ruler flat against your brow, straight across both eyes.
2. Close your **right** eye. Align the **0** mark with the center of your **left** pupil.
3. Without moving the ruler, close your **left** eye. The millimeter mark at the center of your **right** pupil is your PD.
4. Repeat three times and use the most common value. Typical adult PD: 54–74 mm.

Faster: measure automatically

PDgo uses the iPhone's TrueDepth 3D camera to measure your PD in about 10 seconds — total and per-eye, with a confidence rating. Search "**PDgo**" on the App Store, or visit getpdgo.com.