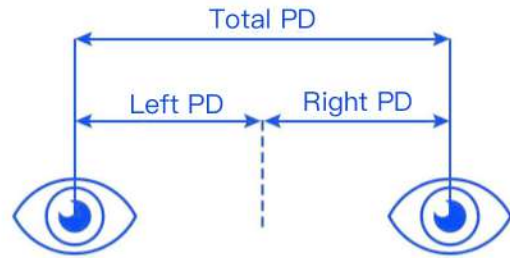


# TIKOOOL

## Preparing the ruler

### PD (Pupillary Distance)

PD is the distance measured in millimeters (mm) between the centers of each pupil, and is used to make prescription eyeglasses.



### Steps to Prepare PD Ruler



#### Print this page

Without scaling, at 100%.



#### Double-check scale

By measuring against a standard mm ruler, or the credit card diagram below.



#### Fold the ruler

Along the dotted line.

### Steps to measure your PD

The average PD is between 54 and 78mm. Might be a bit different compared to practical measurements. Please measure your PD 2-3 times to ensure you get the accurate results.



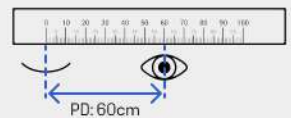
#### Step 1

Position yourself arm's length from your friend or yourself approximately 8 inches (20cm) away from a mirror.



#### Step 2

Close your right eye and align the 0 mm over the center of your left pupil.



#### Step 3

Close your left eye and note the reading directly over your right pupil. That will be your Total PD.

