



Let us measure your Pupillary Distance (P.D.)

1. Print out this page to allow our optician to accurately scale for your P.D.
2. Write clearly, in pen or pencil, your name in the box below.

Name:

3. Set camera at approx arms length and at eye level.
4. Hold this page just below the nose, so it covers the mouth.
5. Remove any spectacles, face straight to camera and zoom in on face if possible. Looking at the camera lens, take photo.
6. Email photo as attachment to info@rxsport.co.uk.
Please quote your name on Email as reference.

