

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

- 1 Print out this page to allow our dispensing optician to accurately measure your P.D. Please make sure that this page is printed at 100% on A4 Paper (no scaling).
- 2 Fold along the dotted line on the ruler at the bottom of the page.
- 3 Using a mirror or a friend, place and hold this page on your brow.
- 4 Set a camera at approximately arms length and at eye level.
- 5 Remove any spectacles, face straight to the camera and zoom in on the face if possible. Looking at the camera lens, take your photo.
- 6 Email the photo to lab@rxsport.co.uk Please quote your name on the email as a reference.

