

### Select Frame

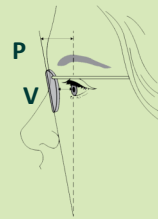
- The frame should allow sufficient height to accommodate distance and near vision. The pupil should be located in the upper half of the frame, but not the top quarter of the frame.

### Adjust Frame

- Make all adjustments and face fit before taking measurements.
- The back vertex distance "V" should be as small as possible (without the eyelashes touching the lens) to maximise the field of view.
- The pantoscopic tilt "P" should be around 7°.

### Locate and measure Pupil Position

- Ensure the frame to be used is sitting level on the patient.
- Instruct the patient to look straight ahead into the distance.



- Making sure you are on the same horizontal eye level as the patient, stand at arms length to the patient and mark the center of the pupils on the demo lens.

### Measure the Monocular Pupillary Distance (MPD)

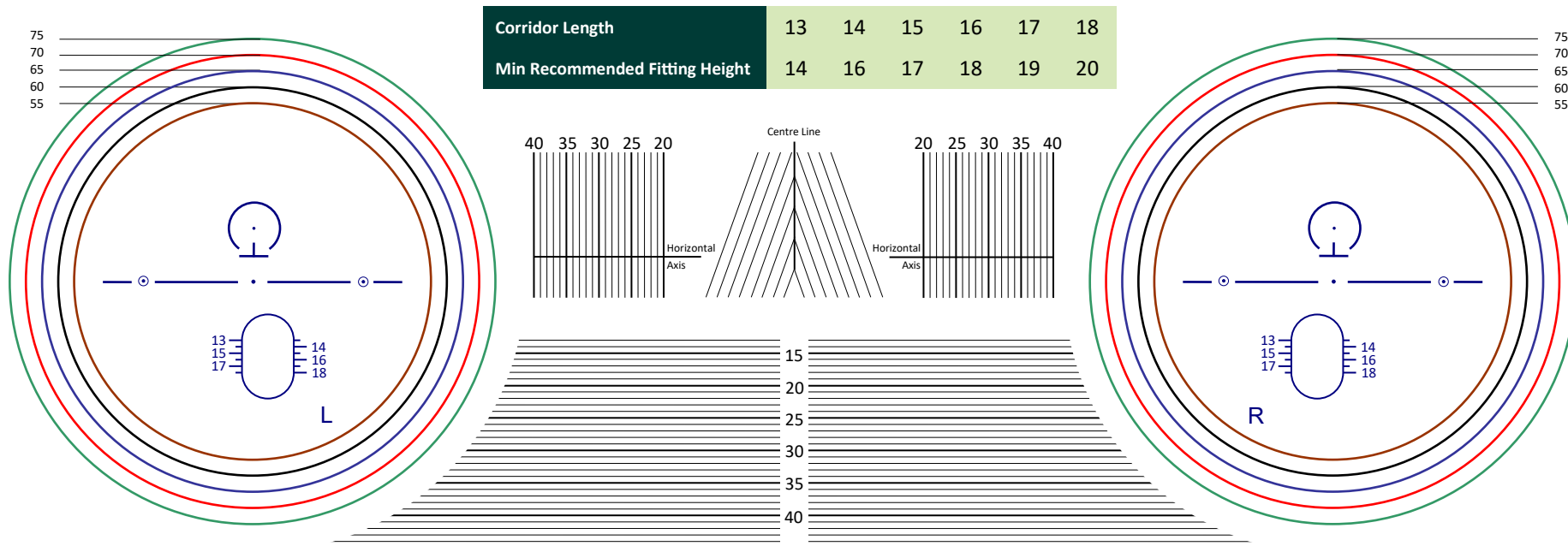
- Use a PD ruler, device or place the centre of the frame on the centre line of the fitting guide below and the pupil mark of the left eye on the horizontal axis. Read the mono PD and then the pupil height from the lowest point of the inside bottom rim of the frame. Repeat for the right eye.

### Verify cut out

- Place the frame face down on the fitting guide, with the pupil mark aligned with the fitting cross of the lens cut out circles. Ensure the frame shape is within the lens blank diameter circle.

### Verify Fitting Height and PD

- On the finished spectacles, use the fitting cross markings to verify the fitting height and mono PD on the guides below and on the patient.



NOTE: Always print this chart 100% to scale with no reduction or shrink to fit adjustments