



Spectacle to Contact Lens Conversion Table



(Spherical Conversion Chart)

Minus CL Pwr	Absolute Spectacle	Plus CL Pwr
-3.75	4.00	+4.25
-4.00	4.25	+4.50
-4.25	4.50	+4.75
-4.50	4.75	+5.00
-4.75	5.00	+5.25
-5.00	5.25	+5.50
-5.25	5.50	+5.75
-5.50	5.75	+6.25
-5.75	6.00	+6.50
-5.75	6.25	+6.50
-6.00	6.50	+7.00
-6.25	6.75	+7.25
-6.50	7.00	+7.50
-6.75	7.25	+8.00
-7.00	7.50	+8.25
-7.25	7.75	+8.50
-7.25	8.00	+8.75
-7.50	8.25	+9.00
-7.75	8.50	+9.50
-8.00	8.75	+9.75
-8.25	9.00	+10.00
-8.50	9.25	+10.25

Minus CL Pwr	Absolute Spectacle	Plus CL Pwr
-8.75	9.50	+10.75
-8.75	9.75	+11.00
-9.00	10.00	+11.25
-9.50	10.50	+12.00
-9.75	11.00	+12.50
-10.25	11.50	+13.25
-10.50	12.00	+14.00
-11.00	12.50	+14.75
-11.25	13.00	+15.50
-11.75	13.50	+16.00
-12.00	14.00	+16.75
-12.50	14.50	+17.50
-12.75	15.00	+18.25
-13.25	15.50	+19.00
-13.50	16.00	+19.75
-13.75	16.50	+20.50
-14.25	17.00	+21.25
-14.50	17.50	+22.00
-14.75	18.00	+23.00
-15.25	18.50	+23.75
-15.50	19.00	+24.50
-15.75	19.50	+25.50

Minus CL Pwr	Absolute Spectacle	Plus CL Pwr
-16.25	20.00	+26.25
-16.50	20.50	+27.25
-16.75	21.00	+28.00
-17.25	21.50	+29.00
-17.50	22.00	+29.75
-17.75	22.50	+30.75
-18.00	23.00	+31.75
-18.50	23.50	+32.75
-18.75	24.00	+33.75
-19.00	24.50	+34.75
-19.25	25.00	+35.75
-19.50	25.50	+36.75
-19.75	26.00	+37.75
-20.25	26.50	+38.87
-20.50	27.00	+40.00
-20.75	27.50	+41.00
-21.00	28.00	+42.00
-21.25	28.50	+43.25
-21.50	29.00	+44.50
-21.75	29.50	+45.50
-22.25	30.00	+47.00
-22.50	30.50	+48.00

Spectacle Refraction CYL Rx. → SPH Rx. ↓	(Toric Conversion Chart for Astigmatism)																							
	-0.75		-1.00		-1.25		-1.50		-1.75		-2.00		-2.25		-2.50		-2.75		-3.00		-3.25		-3.50	
	CL		CL		CL		CL		CL		CL		CL		CL		CL		CL		CL		CL	
	Sph.	Cyl.	Sph.	Cyl.	Sph.	Cyl.	Sph.	Cyl.	Sph.	Cyl.	Sph.	Cyl.	Sph.	Cyl.	Sph.	Cyl.	Sph.	Cyl.	Sph.	Cyl.	Sph.	Cyl.	Sph.	Cyl.
-10.00	-9.00	-0.75	-9.00	-0.75	-9.00	-0.75	-9.00	-1.25	-9.00	-1.25	-9.00	-1.75	-9.00	-1.75	-9.00	-1.75	-9.00	-2.25	-9.00	-2.25	-9.00	-2.25	-9.00	-2.75
-9.75	-8.50	-0.75	-8.50	-0.75	-8.50	-0.75	-8.50	-1.25	-8.50	-1.25	-8.50	-1.75	-8.50	-1.75	-8.50	-1.75	-8.50	-2.25	-8.50	-2.25	-8.50	-2.25	-8.50	-2.75
-9.50	-8.50	-0.75	-8.50	-0.75	-8.50	-0.75	-8.50	-1.25	-8.50	-1.25	-8.50	-1.75	-8.50	-1.75	-8.50	-1.75	-8.50	-2.25	-8.50	-2.25	-8.50	-2.25	-8.50	-2.75
-9.25	-8.50	-0.75	-8.50	-0.75	-8.50	-0.75	-8.50	-1.25	-8.50	-1.25	-8.50	-1.75	-8.50	-1.75	-8.50	-1.75	-8.50	-2.25	-8.50	-2.25	-8.50	-2.25	-8.50	-2.75
-9.00	-8.00	-0.75	-8.00	-0.75	-8.00	-0.75	-8.00	-1.25	-8.00	-1.25	-8.00	-1.75	-8.00	-1.75	-8.00	-1.75	-8.00	-2.25	-8.00	-2.25	-8.00	-2.25	-8.00	-2.75
-8.75	-8.00	-0.75	-8.00	-0.75	-8.00	-0.75	-8.00	-1.25	-8.00	-1.25	-8.00	-1.75	-8.00	-1.75	-8.00	-1.75	-8.00	-2.25	-8.00	-2.25	-8.00	-2.25	-8.00	-2.75
-8.50	-7.50	-0.75	-7.50	-0.75	-7.50	-0.75	-7.50	-1.25	-7.50	-1.25	-7.50	-1.75	-7.50	-1.75	-7.50	-1.75	-7.50	-2.25	-7.50	-2.25	-7.50	-2.25	-7.50	-2.75
-8.25	-7.50	-0.75	-7.50	-0.75	-7.50	-1.25	-7.50	-1.25	-7.50	-1.25	-7.50	-1.75	-7.50	-1.75	-7.50	-1.75	-7.50	-2.25	-7.50	-2.25	-7.50	-2.25	-7.50	-2.75
-8.00	-7.00	-0.75	-7.00	-0.75	-7.00	-1.25	-7.00	-1.25	-7.00	-1.25	-7.00	-1.75	-7.00	-1.75	-7.00	-1.75	-7.00	-2.25	-7.00	-2.25	-7.00	-2.25	-7.00	-2.75
-7.75	-7.00	-0.75	-7.00	-0.75	-7.00	-1.25	-7.00	-1.25	-7.00	-1.25	-7.00	-1.75	-7.00	-1.75	-7.00	-2.25	-7.00	-2.25	-7.00	-2.25	-7.00	-2.25	-7.00	-2.75
-7.50	-7.00	-0.75	-7.00	-0.75	-7.00	-1.25	-7.00	-1.25	-7.00	-1.25	-7.00	-1.75	-7.00	-1.75	-7.00	-2.25	-7.00	-2.25	-7.00	-2.25	-7.00	-2.25	-7.00	-2.75
-7.25	-6.50	-0.75	-6.50	-0.75	-6.50	-1.25	-6.50	-1.25	-6.50	-1.25	-6.50	-1.75	-6.50	-1.75	-6.50	-2.25	-6.50	-2.25	-6.50	-2.25	-6.50	-2.25	-6.50	-2.75
-7.00	-6.50	-0.75	-6.50	-0.75	-6.50	-1.25	-6.50	-1.25	-6.50	-1.25	-6.50	-1.75	-6.50	-1.75	-6.50	-2.25	-6.50	-2.25	-6.50	-2.25	-6.50	-2.25	-6.50	-2.75
-6.75	-6.00	-0.75	-6.00	-0.75	-6.00	-1.25	-6.00	-1.25	-6.00	-1.25	-6.00	-1.75	-6.00	-1.75	-6.00	-2.25	-6.00	-2.25	-6.00	-2.25	-6.00	-2.25	-6.00	-2.75
-6.50	-6.00	-0.75	-6.00	-0.75	-6.00	-1.25	-6.00	-1.25	-6.00	-1.25	-6.00	-1.75	-6.00	-1.75	-6.00	-2.25	-6.00	-2.25	-6.00	-2.25	-6.00	-2.25	-6.00	-2.75
-6.25	-5.75	-0.75	-5.75	-0.75	-5.75	-1.25	-5.75	-1.25	-5.75	-1.25	-5.75	-1.75	-5.75	-1.75	-5.75	-2.25	-5.75	-2.25	-5.75	-2.25	-5.75	-2.25	-5.75	-2.75
-6.00	-5.50	-0.75	-5.50	-0.75	-5.50	-1.25	-5.50	-1.25	-5.50	-1.25	-5.50	-1.75	-5.50	-1.75	-5.50	-2.25	-5.50	-2.25	-5.50	-2.25	-5.50	-2.25	-5.50	-2.75
-5.75	-5.50	-0.75	-5.50	-0.75	-5.50	-1.25	-5.50	-1.25	-5.50	-1.25	-5.50	-1.75	-5.50	-1.75	-5.50	-2.25	-5.50	-2.25	-5.50	-2.25	-5.50	-2.25	-5.50	-2.75
-5.50	-5.25	-0.75	-5.25	-0.75	-5.25	-1.25	-5.25	-1.25	-5.25	-1.25	-5.25	-1.75	-5.25	-1.75	-5.25	-2.25	-5.25	-2.25	-5.25	-2.25	-5.25	-2.25	-5.25	-2.75
-5.25	-5.00	-0.75	-5.00	-0.75	-5.00	-1.25	-5.00	-1.25	-5.00	-1.25	-5.00	-1.75	-5.00	-1.75	-5.00	-2.25	-5.00	-2.25	-5.00	-2.25	-5.00	-2.25	-5.00	-2.75
-5.00	-4.75	-0.75	-4.75	-0.75	-4.75	-1.25	-4.75	-1.25	-4.75	-1.25	-4.75	-1.75	-4.75	-1.75	-4.75	-2.25	-4.75	-2.25	-4.75	-2.25	-4.75	-2.25	-4.75	-2.75
-4.75	-4.50	-0.75	-4.50	-0.75	-4.50	-1.25	-4.50	-1.25	-4.50	-1.25	-4.50	-1.75	-4.50	-1.75	-4.50	-2.25	-4.50	-2.25	-4.50	-2.25	-4.50	-2.25	-4.50	-2.75
-4.50	-4.25	-0.75	-4.25	-0.75	-4.25	-1.25	-4.25	-1.25	-4.25	-1.25	-4.25	-1.75	-4.25	-1.75	-4.25	-2.25	-4.25	-2.25	-4.25	-2.25	-4.25	-2.25	-4.25	-2.75
-4.25	-4.00	-0.75	-4.00	-0.75	-4.00	-1.25	-4.00	-1.25	-4.00	-1.25	-4.00	-1.75	-4.00	-1.75	-4.00	-2.25	-4.00	-2.25	-4.00	-2.25	-4.00	-2.25	-4.00	-2.75
-4.00	-3.75	-0.75	-3.75	-0.75	-3.75	-1.25	-3.75	-1.25	-3.75	-1.25	-3.75	-1.75	-3.75	-1.75	-3.75	-2.25	-3.75	-2.25	-3.75	-2.25	-3.75	-2.25	-3.75	-2.75
-3.75	-3.75	-0.75	-3.75	-0.75	-3.75	-1.25	-3.75	-1.25	-3.75	-1.25	-3.75	-1.75	-3.75	-1.75	-3.75	-2.25	-3.75	-2.25	-3.75	-2.25	-3.75	-2.25	-3.75	-2.75
-3.50	-3.50	-0.75	-3.50	-0.75	-3.50	-1.25	-3.50	-1.25	-3.50	-1.25	-3.50	-1.75	-3.50	-1.75	-3.50	-2.25	-3.50	-2.25	-3.50	-2.25	-3.50	-2.25	-3.50	-2.75
-3.25	-3.25	-0.75	-3.25	-0.75	-3.25	-1.25	-3.25	-1.25	-3.25	-1.25	-3.25	-1.75	-3.25	-1.75	-3.25	-2.25	-3.25	-2.25	-3.25	-2.25	-3.25	-2.25	-3.25	-2.75
-3.00	-3.00	-0.75	-3.00	-0.75	-3.00	-1.25	-3.00	-1.25	-3.00	-1.25	-3.00	-1.75	-3.00	-1.75	-3.00	-2.25	-3.00	-2.25	-3.00	-2.25	-3.00	-2.25	-3.00	-2.75
-2.75	-2.75	-0.75	-2.75	-0.75	-2.75	-1.25	-2.75	-1.25	-2.75	-1.25	-2.75	-1.75	-2.75	-1.75	-2.75	-2.25	-2.75	-2.25	-2.75	-2.25	-2.75	-2.25	-2.75	-2.75
-2.50	-2.50	-0.75	-2.50	-0.75	-2.50	-1.25	-2.50	-1.25	-2.50	-1.25	-2.50	-1.75	-2.50	-1.75	-2.50	-2.25	-2.50	-2.25	-2.50	-2.25	-2.50	-2.25	-2.50	-2.75
-2.25	-2.25	-0.75	-2.25	-0.75	-2.25	-1.25	-2.25	-1.25	-2.25	-1.25	-2.25	-1.75	-2.25	-1.75	-2.25	-2.25	-2.25	-2.25	-2.25	-2.25	-2.25	-2.25	-2.50	-2.75
-2.00	-2.00	-0.75	-2.00	-0.75	-2.00	-1.25	-2.00	-1.25	-2.00	-1.25	-2.00	-1.75	-2.00	-1.75	-2.00	-2.25	-2.00	-2.25	-2.00	-2.25	-2.00	-2.25	-2.00	-2.75
-1.75	-1.75	-0.75	-1.75	-0.75	-1.75	-1.25	-1.75	-1.25	-1.75	-1.25	-1.75	-1.75	-1.75	-1.75	-1.75	-2.25	-1.75	-2.25	-1.75	-2.25	-1.75	-2.25	-1.75	-2.75
-1.50	-1.50	-0.75	-1.50	-0.75	-1.50	-1.25	-1.50	-1.25	-1.50	-1.25	-1.50	-1.75	-1.50	-1.75	-1.50	-2.25	-1.50	-2.25	-1.50	-2.25	-1.50	-2.25	-1.50	-2.75
-1.25	-1.25	-0.75	-1.25	-0.75	-1.25	-1.25	-1.25	-1.25	-1.25	-1.25	-1.25	-1.75	-1.25	-1.75	-1.25	-2.25	-1.25	-2.25	-1.25	-2.25	-1.25	-2.25	-1.25	-2.75
-1.00	-1.00	-0.75	-1.00	-0.75	-1.00	-1.25	-1.00	-1.25	-1.00	-1.25	-1.00	-1.75	-1.00	-1.75	-1.00	-2.25	-1.00	-2.25	-1.00	-2.25	-1.00	-2.25	-1.25	-2.75
-0.75	-0.75	-0.75	-0.75	-0.75	-0.75	-1.25	-0.75	-1.25	-0.75	-1.25	-0.75	-1.75	-0.75	-1.75	-0.75	-2.25	-0.75	-2.25	-0.75	-2.25	-0.75	-2.25	-1.00	-2.75
-0.50	-0.50	-0.75	-0.50	-0.75	-0.50	-1.25	-0.50	-1.25	-0.50	-1.25	-0.50	-1.75	-0.50	-1.75	-0.50	-2.25	-0.50	-2.25	-0.50	-2.25	-0.50	-2.25	-0.75	-2.75
-0.25	-0.25	-0.75	-0.25	-0.75	-0.25	-1.25	-0.25	-1.25	-0.25	-1.25	-0.25	-1.75	-0.25	-1.75	-0.25	-2.25	-0.25	-2.25	-0.25	-2.25	-0.25	-2.25	-0.50	-2.75
0.00	0.00	-0.75	0.00	-0.75	0.00	-1.25	0.00	-1.25	0.00	-1.25	0.00	-1.75	0.00	-1.75	0.00	-2.25	0.00	-2.25	0.00	-2.25	0.00	-2.25	-0.25	-2.75
+0.25	+0.25	-0.75	+0.25	-0.75	+0.25	-1.25	+0.25	-1.25	+0.25	-1.25	+0.25	-1.75	+0.25	-1.75	+0.25	-2.25	+0.25	-2.25	+0.25	-2.25	+0.25	-2.25	+0.25	-2.75
+0.50	+0.50	-0.75	+0.50	-0.75	+0.50	-1.25	+0.50	-1.25	+0.50	-1.25	+0.50	-1.75	+0.50	-1.75	+0.50	-2.25	+0.50	-2.25	+0.50	-2.25	+0.50	-2.25	+0.50	-2.75
+0.75	+0.75	-0.75	+0.75	-0.75	+0.75	-1.25	+0.75	-1.25	+0.75	-1.25	+0.75	-1.75	+0.75	-1.75	+0.75	-2.25	+0.75	-2.25	+0.75	-2.25	+0.75	-2.25	+0.75	-2.75
+1.00	+1.00	-0.75	+1.00	-0.75	+1.00	-1.25	+1.00	-1.25	+1.00	-1.25	+1.00	-1.75	+1.00	-1.75	+1.00	-2.25	+1.00	-2.25	+1.00	-2.25	+1.00	-2.25	+1.00	-2.75
+1.25	+1.25	-0.75	+1.25	-0.75	+1.25	-1.25	+1.25	-1.25	+1.25	-1.25	+1.25	-1.75	+1.25	-1.75	+1.25	-2.25	+1.25	-2.25	+1.25	-2.25	+1.25	-2.25	+1.25	-2.75
+1.50	+1.50	-0.75	+1.50	-0.75	+1.50	-1.25	+1.50	-1.25	+1.50	-1.25	+1.50	-1.75	+1.50	-1.75	+1.50	-2.25	+1.50	-2.25	+1.50	-2.25	+1.50	-2.25	+1.50	-2.75
+1.75	+1.75	-0.75	+1.75	-0.75	+1.75	-1.25	+1.75	-1.25	+1.75	-1.25	+1.75	-1.75	+1.75	-1.75	+1.75	-2.25	+1.75	-2.25	+1.75	-2.25	+1.75	-2.25	+1.75	-2.75
+2.00	+2.00	-0.75	+2.00	-0.75	+2.00	-1.25	+2.00	-1.25	+2.00	-1.25	+2.00	-1.75	+2.00	-1.75	+2.00	-2.25	+2.00	-2.25	+2.00	-2.25	+2.00	-2.25	+2.00	-2.75
+2.25	+2.25	-0.75	+2.25	-0.75	+2.25	-1.25	+2.25	-1.25	+2.25	-1.25	+2.25	-1.75	+2.25	-1.75	+2.25	-2.25	+2.25	-2.25	+2.25	-2.25	+2.25	-2.25	+2.25	-2.75
+2.50	+2.50	-0.75	+2.50	-0.75	+2.50	-1.25	+2.50	-1.25	+2.50	-1.25	+2.50	-1.75	+2.50	-1.75	+2.50	-2.25	+2.50	-2.25	+2.50	-2.25	+2.50	-2.25	+2.50	-2.75
+2.75	+2.75	-0.75	+2.75	-0.75	+2.75	-1.25	+2.75	-1.25	+2.75	-1.25	+2.75	-1.75	+2.75	-1.75	+2.75	-2.25	+2.75	-2.25	+2.75	-2.25	+2.75	-2.25	+2.75	-2.75

The conversion chart is for your reference only. It is not a replacement for a professional contact lens fitting by a qualified eye care practitioner.