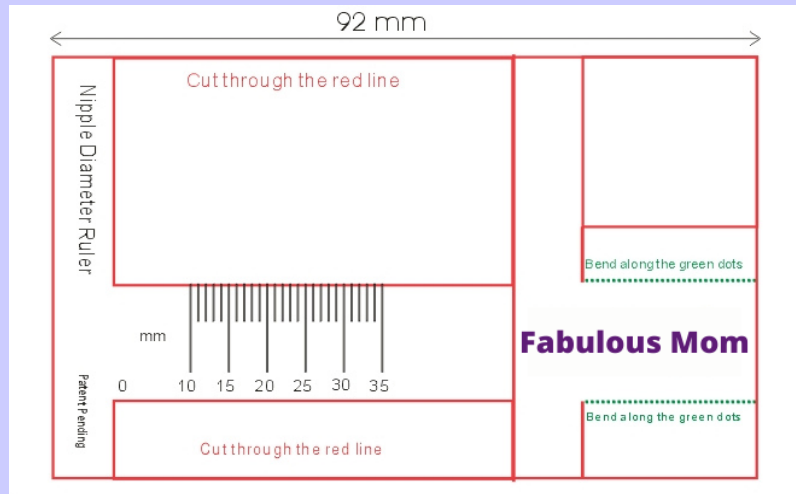
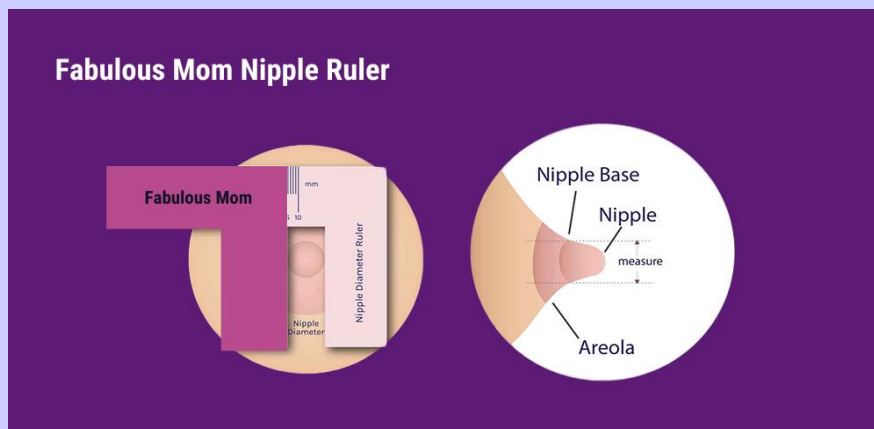


FABOLOUS MOM NIPPLE RULER



- Print out the page on an A4 paper at 100% scale.
 - ✓ Make sure that the line across is 92 mm for accuracy.
- Cut through the red line.
- Bend / fold along the green dots.
- See below for a finished ruler and how to use it.



- Measure the nipple diameter AFTER a breast pumping session.
- Choose a breast shield with an internal diameter that is 1-2mm larger than your nipple diameter. If you measure BEFORE a pumping session, you can only estimate to get one that is close. Try one that is 3-5mm larger than your nipple diameter.

Example:

if your nipple diameter AFTER a pumping session is 18mm, a 19mm breast shield is the best.

If your nipple diameter is 18mm BEFORE a pumping session, you can try 21mm breast shield.

Recommendation Chart of Breast Shield Sizing:

Breast Shield Size	19mm	21mm	24mm	28mm	30mm
Nipple Diameter (3 rd trimester)	≤15mm	≤18mm	≤20mm	≤23mm	≤26mm
Nipple Diameter (AFTER pumping session)	≤18mm	≤20mm	≤23mm	≤27mm	≤29mm
Nipple Diameter (BEFORE pumping session)	≤16mm	≤18mm	≤21mm	≤25mm	≤27mm