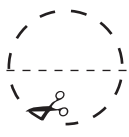


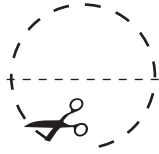
15mm



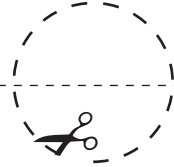
17mm



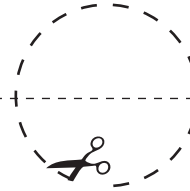
19mm



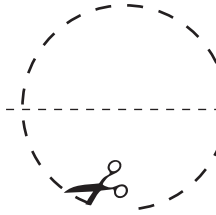
21mm



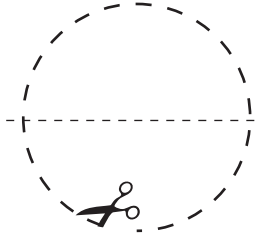
24mm



27mm



30mm

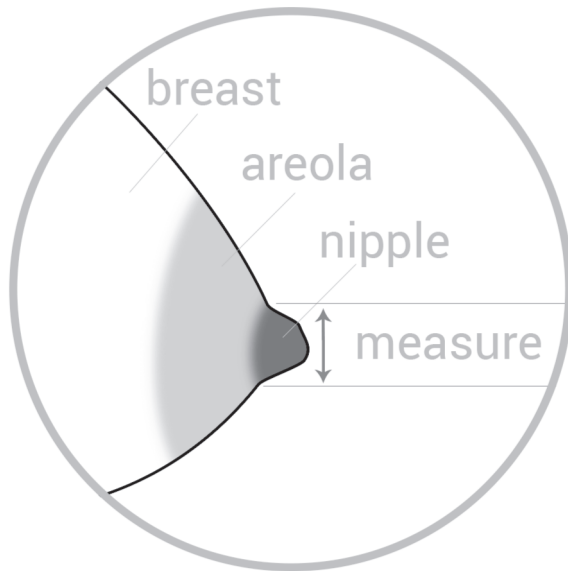


1. Fold along line.

2. Carefully cut out circles.

3. At the end of your pumping session, use the holes to select a size that fits most snugly around your nipple.

Cut here



Signs your shield may be too large:

- Excess areola is drawn into the flange or being pulled over your nipple
- Sensation of tugging and/or pulling pain.
- Nipple is pulled to the end of the flange.
- Shield falls from the breast while pumping.

Signs your shield may be too small:

- Painful rubbing of nipple in flange.
- Redness of the nipple.

Need help?

Visit [pumpables.co/fittingroom](http://pumpables.co/fittingroom)

Or email our team at [hello@pumpables.co](mailto:hello@pumpables.co)

**Important:** Make sure document is set to Full Size or 100% in the print dialogue box to guarantee accurate measurements.