

15mm

17mm

19mm

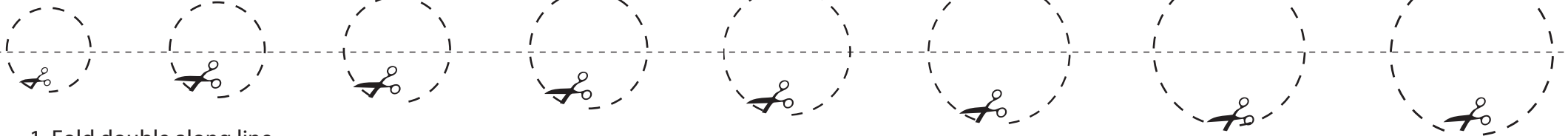
21mm

23mm

25mm

27mm

29mm

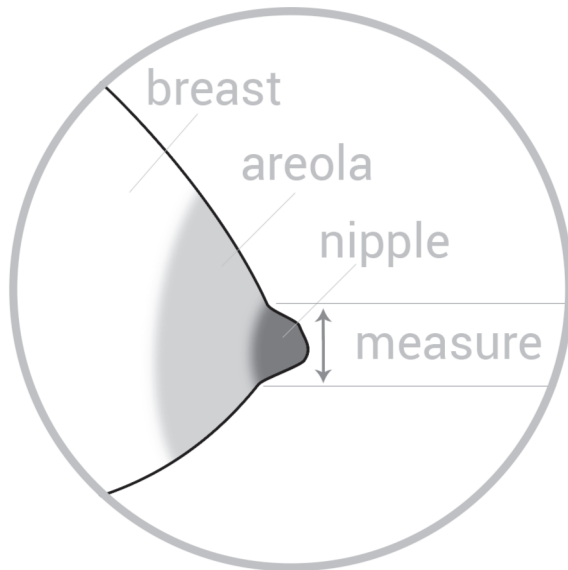


1. Fold double along line.

2. Carefully cut out the circles along the lines. This is important for accurate measurements!

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.