

pumpables measuring tool

fold here



15mm



17mm

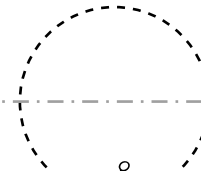
Most common size



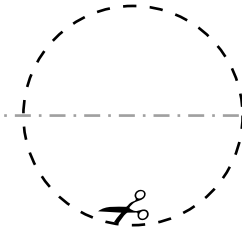
19mm



21mm



25mm



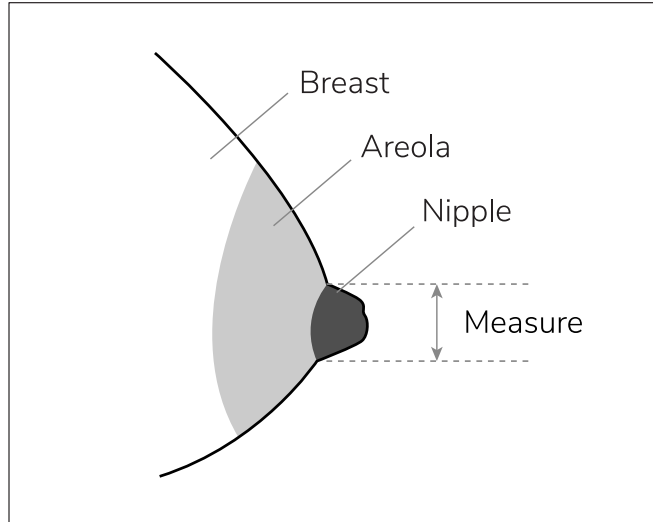
29mm

cut here



1. Fold the ruler double along the line so you can easily cut out the circles.
2. Carefully cut out the circles along the lines, then unfold the ruler. **This is important for accurate measurements!**
3. Try measuring in front of a mirror at the end of pumping session. Use the holes to select a size that fits most snugly around your nipple.

Note: To ensure accurate measurements, make sure you **print on Letter size paper** and **print to scale Full Size / 100%**



Tips for getting the best fit

- The best size will fit around your nipple (no areola) closely.
- If you have elastic (stretchy) nipples, then a snug fit is super important.
- If you have flat nipples, then sometimes sizing looser can be more comfortable.
- If you have been using the wrong shield size and have very swollen or damaged nipples, you may need to let your nipples settle to visualize size accurately.
- Shield fit is very unique as every nipple behaves differently during pumping. Plan to try different sizes along your pumping journey to find the best fit.
- Coconut or olive oil or pumping lubricant should be a standard part of pumping.
- Send us some pictures using the measuring tool so we can help!

How to get help from the Pumpables team

- Visit pumpables.co/fittingroom
- Email hello@pumpables.co