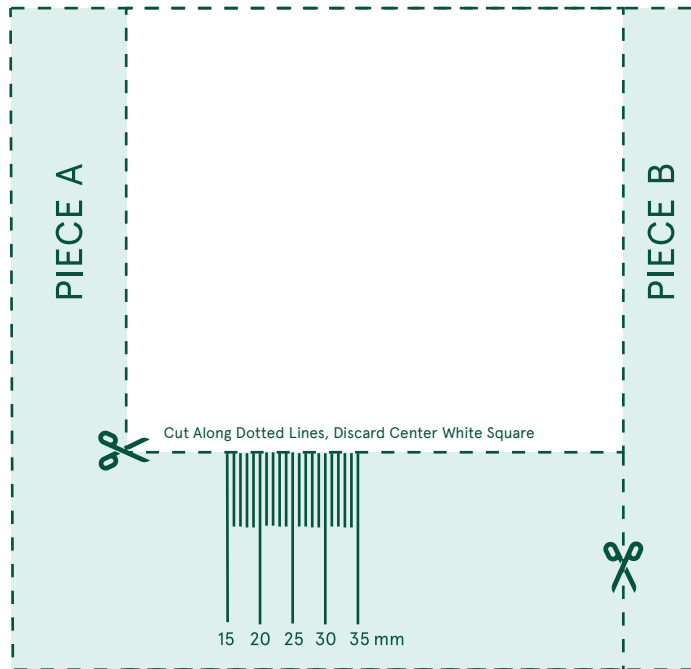


# Bodily Breast Pump Flange Sizing Guide



Cut Along Dotted Lines

Bodily's Breast Pump Flange Sizing Guide is intended to help you find the correct flange size for your breast. Be sure to use it before you pump for accurate sizing of your nipple. Use the cutout to measure your nipple diameter (not including your areola).

## HOW TO USE OUR SIZING GUIDE TOOL:

1. Print this page at 100% scale.
2. Cut along the dotted lines. You will be left with two pieces: The L-shaped 'A' piece and the I-shaped 'B' piece.
3. With the ruler side facing outward, place 'A' at your nipple's right edge.
4. Place 'B' right next to your nipple's left edge. ('B' should be parallel to 'A'.)
5. Your nipple will fall directly between 'A' & 'B' if done correctly.
6. Your nipple diameter measurement is the number on the ruler that lines up with 'B'!

## HOW TO SELECT THE RIGHT FLANGE SIZE:

1. Take your measurement and add 3-5mm, rounding to the nearest flange size. This is the appropriate amount of "wobble room" that reduces friction on the nipples when you're pumping. (For example, if your diameter measurement is 20mm, your shield size will be 24mm). And don't forget — measure before you pump, not after!