



3 steps to check out your size!

step 1 : print this as A4 at 100%, measure the holes with a ruler

step 2 : fold along dotted lines, cut out the grey circle(s) closest to your nipple size

step 3 : stand in front of mirror and put nipple through

Your flange size should be 2-3mm bigger than your nipple size

Flange inserts available in 13, 15, 17, 19 and 21mm

Disclaimer : this ruler serves as a general measurement guide.