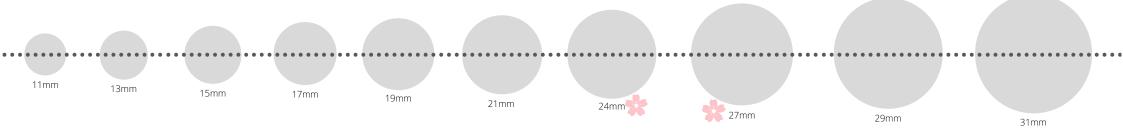
baby express



## 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.