

BREAST SHIELD SIZING GUIDE

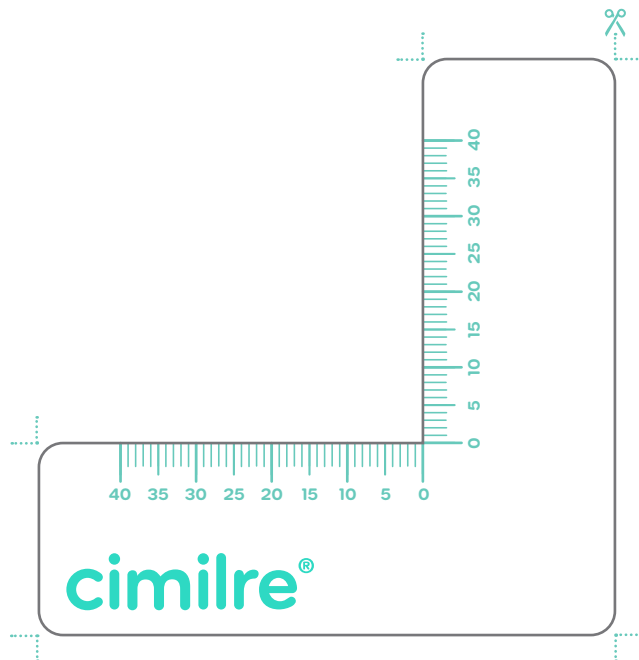
cimilre®

IMPORTANT INSTRUCTIONS



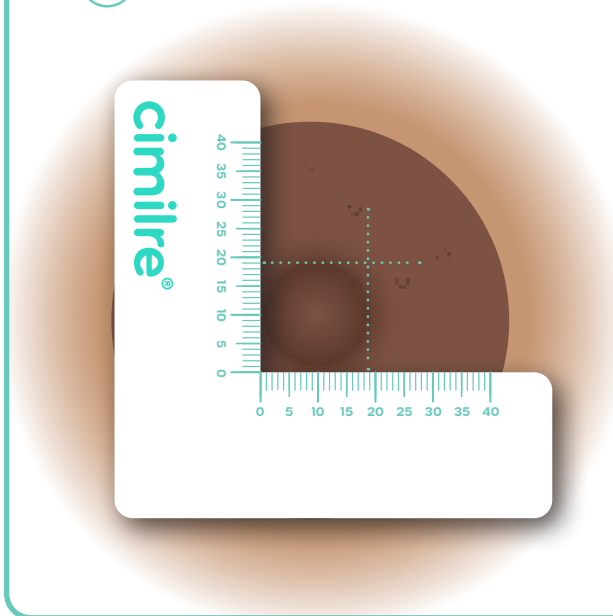
Before printing this breast shield sizing guide, make sure your printer is set to 100%, or "Actual Size." To confirm the scale is correct, place a physical dime over the image of the dime.

They should be the same size.



HOW TO USE

- 1 Print the ruler at 100%. Cut along the dotted lines.
- 2 Measure before pumping
- 3 Hand stimulate the nipple to ensure it is fully erect
- 4 Measure the nipple, not the areola (dark area) around the nipple
- 5 Add 2-4mm to your nipple measurement to determine breast shield size



**PLEASE CONSULT
WITH A LACTATION
OR HEALTHCARE
PROFESSIONAL IF
YOU EXPERIENCE
PAIN, DAMAGE,
OR UNEXPECTED
SUPPLY CHANGES**