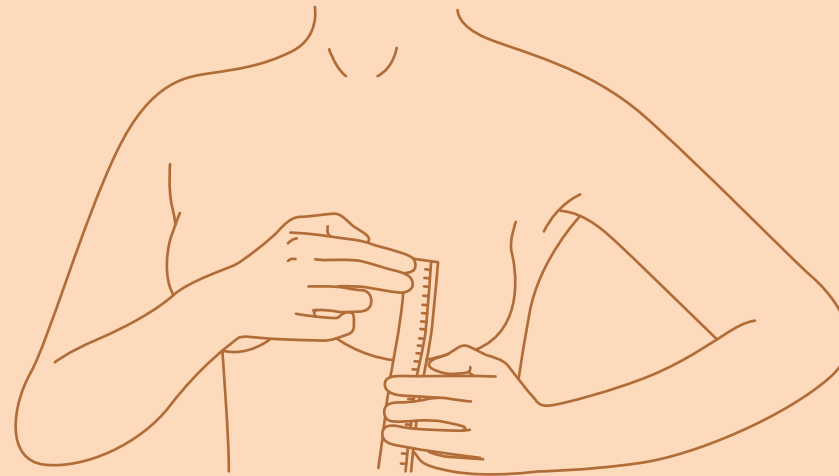


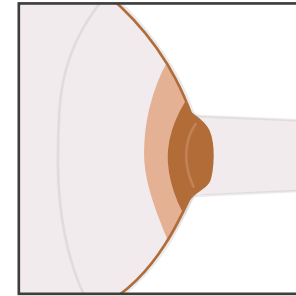
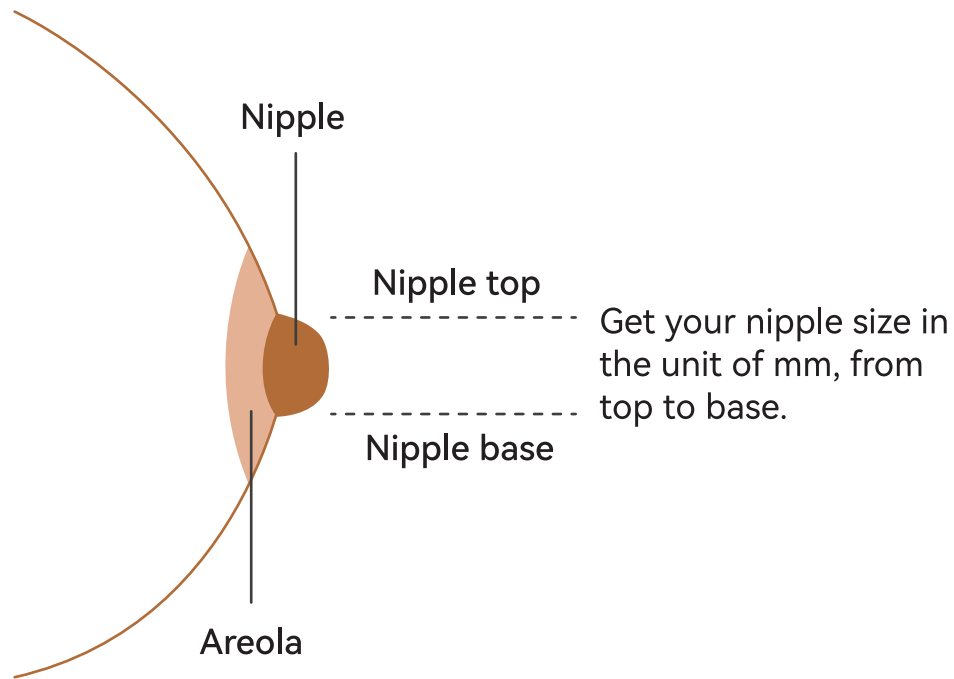
momCOZY

Nipple Measuring Guides



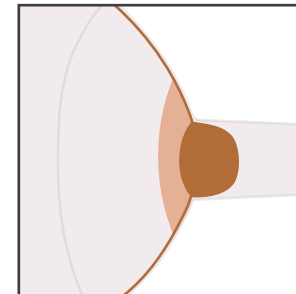
Whether the shield or flange size of your breast pump is right or not greatly affects your breast comfort and milk output. If you want to ensure the most amount of milk during your pumping and comfort during and after pumping, getting the right measuring size of your nipples is very crucial. If you don't know how to do it right, we have two ways for you.

Part 1: Size Measure Guide



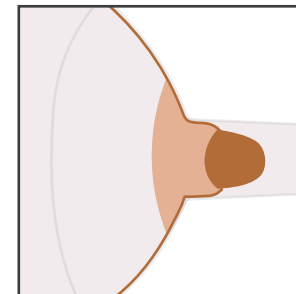
Too Small

Nipple rubbing against the flange



Correct Fit

Nipple snug nicely inside the tunnel of flange



Too Large

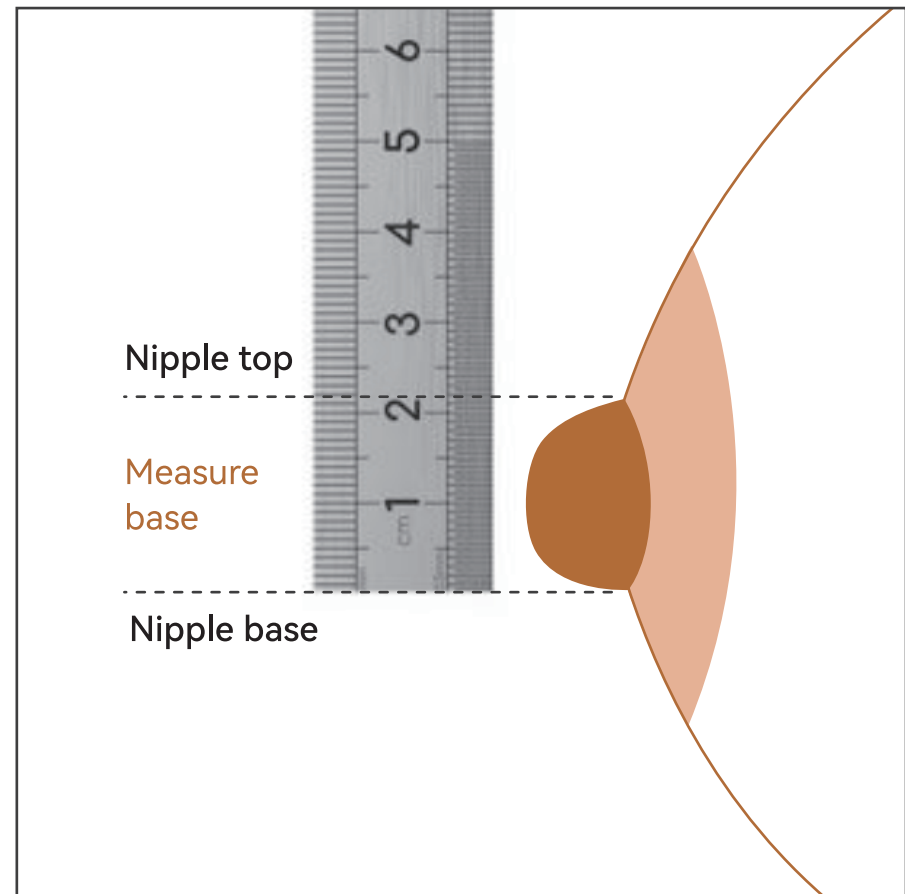
Nipple along with areola is being sucked into the flange

Part 2: Two Ways to Measure the Size of Your Nipples

First Method

Use the nipple ruler or the normal ruler to measure:

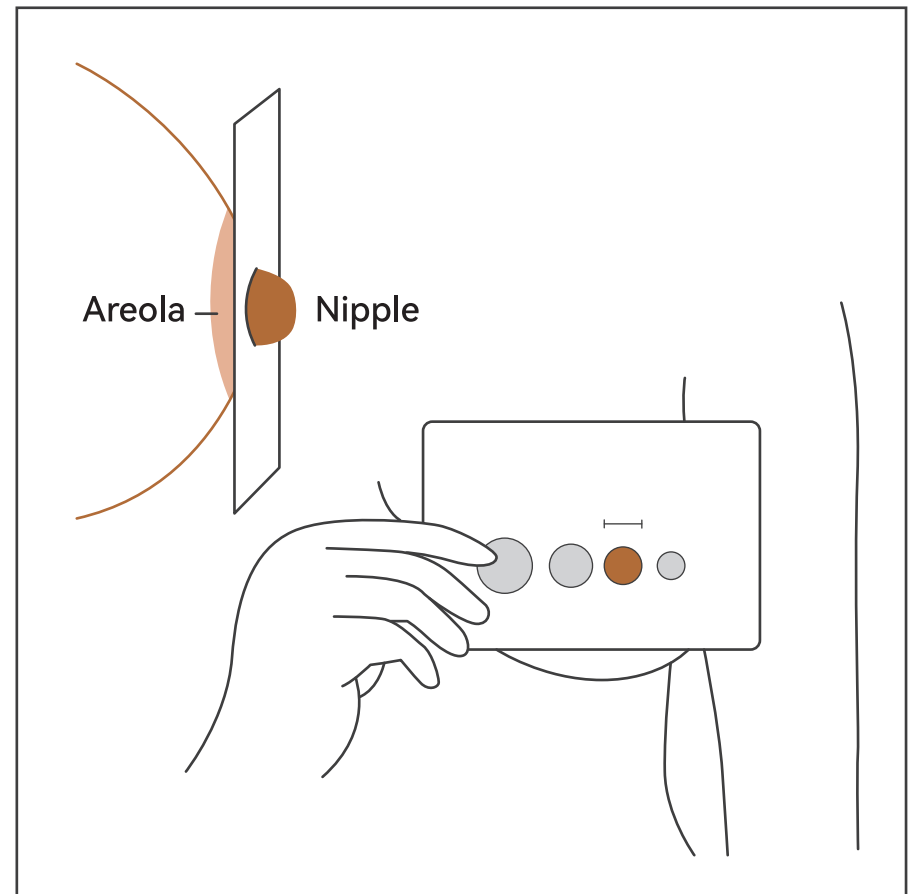
- ▶ Step 1.
Stimulate your nipple to make it perk up.
- ▶ Step 2.
Hold the ruler at a perpendicular angle and line the 0 scale with your nipple base at the same horizontal line, also with the ruler edge meet your areola.
- ▶ Step 3.
Get the millimeters number between the nipple base and the nipple top, and the size measuring is done.



Second Method

Use the nipple ruler with holes to measure:

- ▶ Step 1.
Stimulate your nipple to make it perk up.
- ▶ Step 2.
Place your nipple into the holes one by one to find out which one you can comfortably fit your nipples into, in a way that your nipple can be out through the hole totally, also the ruler can touch the areola at the same time.
- ▶ Step 3.
Get the size of the holes, then the size measuring is done.



Tips

- ▶ 1. Your left and right nipples may have different sizes, so please measure them both to get the exact size of them.
- ▶ 2. When you start pumping, your nipple size may change. So it's recommended that you choose the size of the flange which is 1-3 mm larger than your nipple's size, or you can measure the exact size when you finish pumping.

Need more help? Please feel free to email Momcozy at the address **support@momcozy.com**

Heya! If you don't want to buy one nipple ruler for measurement, you can print out it, only make sure you print it out right in the ways below:

- ▶ 1. Make sure you don't select to print all the files, you only need to print this page with the ruler on.
- ▶ 2. Make sure you choose the "A4 paper size" and select "100% paper scale", then print this page out including the words. After printing, you can cut out the ruler for your use.

Nipple Diameter Measurement	Recommended Flange Size or Flange Insert Size
11-13mm	15mm(not included in the sale)
13-15mm	17mm
15-17mm	19mm
17-20mm	21mm
21-23mm	24mm
24-26mm	27mm
27-29mm	30mm(not included in the sale)
Please stimulate your nipple to make it perk up before measuring the size.	

NIPPLE MEASUREMENT TOOL

