

Flange & Insert Sizing Chart



15mm



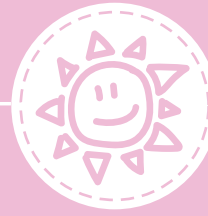
17mm



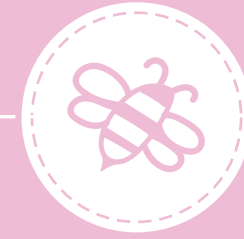
19mm



21mm



24mm



27mm



29mm



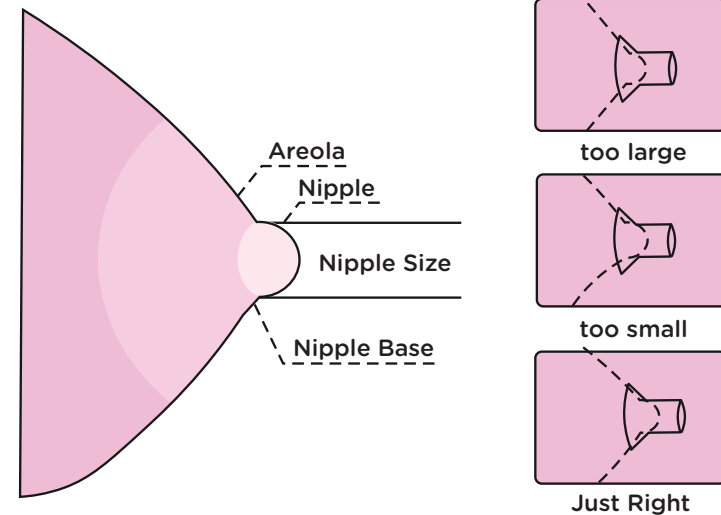
Nipple Diameter Before Pumping	15mm-16mm	17mm-18mm	19mm-20mm	22mm-23mm	25mm-26mm
Recommended Flange Size	17mm	19mm	21mm	24mm	27mm

Instructions

- 1 Print out this measurement tool and be sure to print on Letter size paper and print at 100% / scale to full size.
- 2 Fold along the dotted line and cut out the circles above.
- 3 Unfold the paper and hold the circles up to your nipple, then find the size that fits you best - it's helpful to use a mirror or have a friend or partner help you.

Tip & Tricks

- It's best to measure yourself before you pump or breast feed.
- Be sure to measure the diameter of your nipple across the base, do not include your areola.
- If you are in between sizes, it's best to add 1-2mm to your measurement to allow for expansion while pumping.
- If you're using two pumps, be sure to measure both nipples as sizes can vary slightly.
- If you have pain or discomfort, please be sure to contact a lactation consultant or healthcare provider.



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