

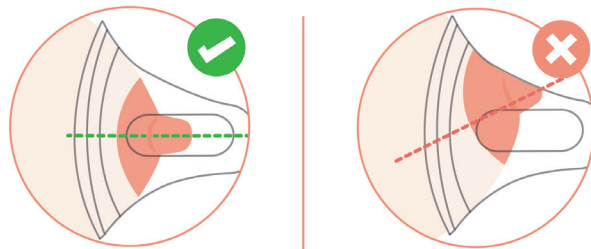
Please use the Annabella breast shield sizing tool for optimal fit.

Place ruler on the underside of your nipple.

**Note:** Do not include the areola during measurement.

For optimal fit use the tongue height knob to adjust the breast shield size. Note that you should always choose your maximum comfort level while pumping, as your size may change throughout your breastfeeding journey.

### Nipple Alignment



When aligning your nipple make sure the nipple is not touching any part of the breast shield and is moving freely.

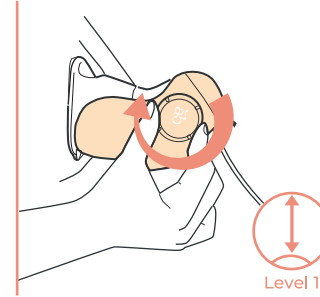
Annabella

Annabella

## Check your fit

Adjustable breast shield size  
**range 18mm - 24mm**

Adjust the height level of  
the tongue to the maximum  
comfort level.



Annabella

## Check your fit

Adjustable breast shield size  
**range 25mm - 28mm**

Adjust the height level of  
the tongue to the maximum  
comfort level.

