

Nipple Sizing Tool

To use this tool print this page at 100% scale and align with the below line.
Don't have a printer? Use our ruler method on page two.



This line should match with the short edge of a credit card

Please note

Do not measure yourself directly after pumping or breastfeeding. Doing this could give you inaccurate measurements.

Before you start

Check the tool has printed properly by lining up the short edge of a credit card with the line on the right of this page. If they match the tool has printed properly.

Getting the tool ready

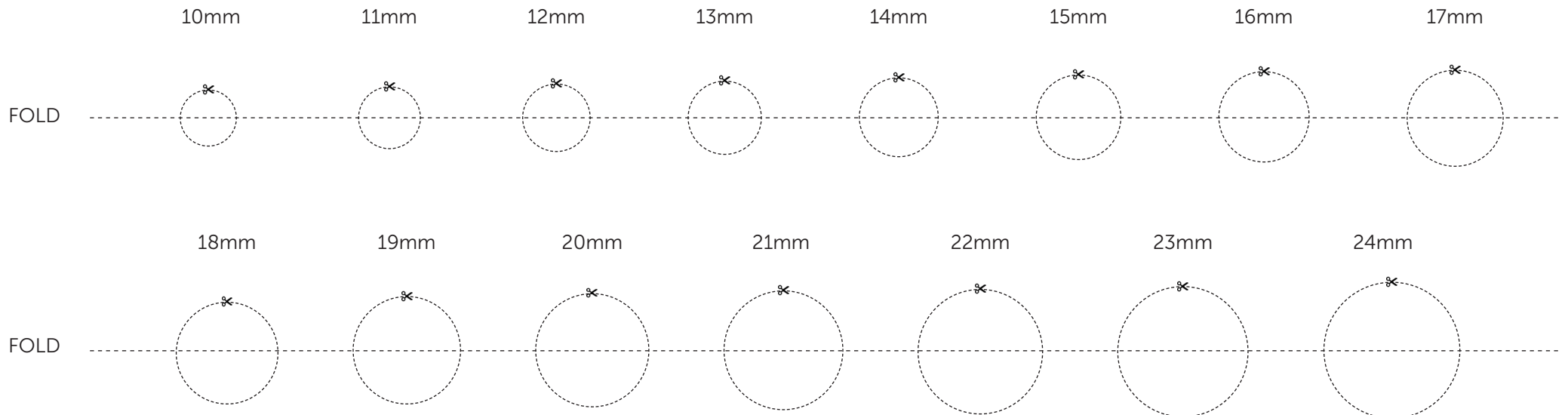
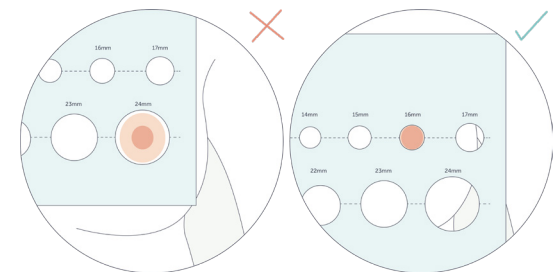
Fold the paper along the fold lines.
Carefully cut out the circles.

How to use the tool

1. Perk up one of your nipples.
2. Starting with the biggest hole, put your nipple through each hole in turn.
3. Slide the tool all the way down to the base of your nipple.
4. If there is space between the edge of the hole and the base of your nipple the hole is too big. If the edge of the hole touches the base of your nipple the hole is too small.

Your recommended fit is the hole where the edge is closest to the base of the nipple, but not touching it.

Take a look at page two to find your recommended fit.

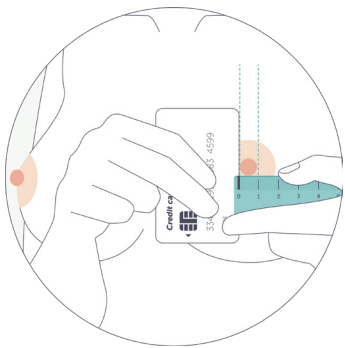


Measuring with a ruler

You'll need a ruler, a pen and a debit or credit card.



1. Start by perking up a nipple.
2. Hold the card at the end of the ruler so it creates a right angle. Make sure the edge of the card lines up with the start of the measurement scale on the ruler.



3. While standing in front of a mirror, rest the base of your nipple in the corner between the ruler and card.

Your measurement is where the base of your nipple is widest.

Your recommended size

Nipple Size (mm)	Recommended Size of Breast Shield or Nipple Cushion
11 mm - 12 mm	We recommend using the 15 mm Nipple Cushions.
13 mm - 15 mm	We recommend using the 17 mm Nipple Cushions.
15 mm - 17 mm	We recommend using the 19 mm Nipple Cushions.
17 mm - 19 mm	We recommend using the 21 mm Breast Shield.
20 mm - 22 mm	We recommend using the 24 mm Breast Shield.
23 mm - 26 mm	We recommend using the 28 mm Breast Shield.