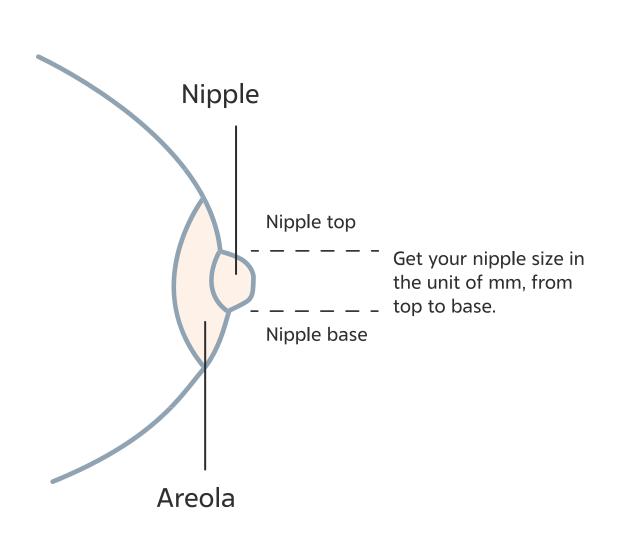
Mom/Med[®] Measure Nipple Size

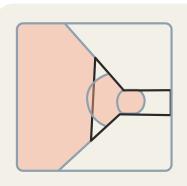
A New Mother's Guide



Finding the correct shield or flange size for your breast pump is crucial for your comfort and milk output. To ensure optimal milk expression and post-pumping comfort, accurately measuring your nipple size is essential. If you're unsure how to do it correctly, we provide two methods to help you.

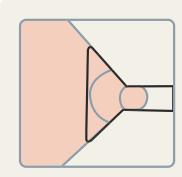
Illustration of Nipple Size





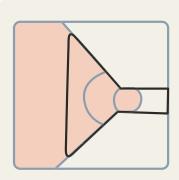
Too small

Nipple rubbing against the flange



Correct Fit

Nipple snug nicely inside the tunnel of flange



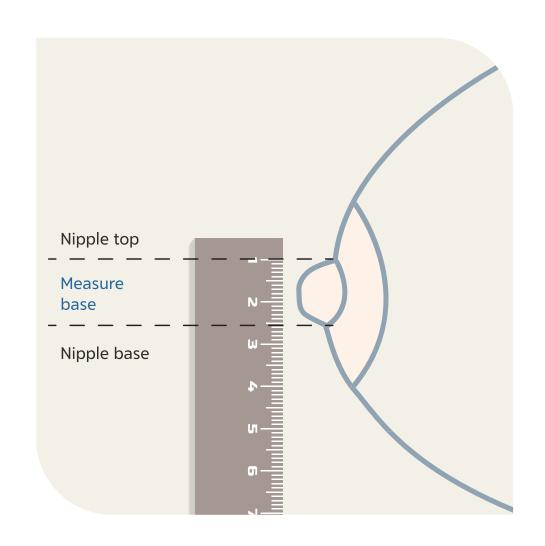
Too Large

Nipple along with aerola is being sucked into the flange

How Do I Measure My Nipples?

Method 1 - Using a ruler:

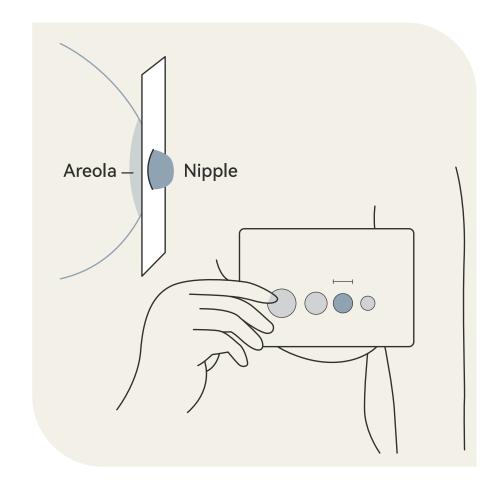
- Step 1: Stimulate your nipple to make it perk up.
- Step 2: Hold a ruler perpendicular to your nipple and align the 0 scale with the base of your nipple.
- Step 3: Measure the millimeters between the base and the top of your nipple, and the size measuring is done.



* Use the nipple ruler or the normal ruler to measure(Do not include the areola).

Method 2 - Using a nipple ruler with holes to measure:

- Stimulate your nipple to make it perk up.
- Insert one nipple at a time into the holes, being gentle to avoid discomfort.
- Find a hole that provides a comfortable fit with the nipple fully exposed.
- Measure the size of the fitting hole using the ruler.
- Use the gathered data as a reference and proceed with the measuring process.



^{*} Remember to prioritize your comfort and be gentle while measuring.

Breast Flange Insert Choosing Guide

MomMed offers 5 different sizes of Flange Insert Size with the above measurements corresponding to each size.

- We recommend a larger breast shield diameter than your actual nipple base size because when a breast pump is used it creates vacuum making your nipple larger.
- Having a gap of about 2-3mm between your nipple and the breast shield allows for your nipple to expand comfortably once you are pumping. This ensures your milk keeps flowing and no pain is caused to your nipples.

Note: It is important to note that while sizing is based on measurement, there may still be a need for further adjustment based on personal comfort.

Measured size

Flange/Insert

8-10mm	 15mm
11-13mm	 17mm
14-16mm	 19mm
17-19mm	 21mm
20-22mm	 24mm
23-25mm	 27mm









Hopefully, this guide helps you make sure your nipples are comfortable when you are expressing.

Please download the measurement tool:

- 1. Fold double along line.
- 2. Carefully cut out the circles along the lines. This is important for accurate measurements!
- 3. At the end of your pumping session, use the holes to select a size that fits most snugly around your nipple.

Tip: try measuring in front of a mirror!

Need more help? Please feel free to email MomMed at the address:

Support@mommed.com

MomMed Team