Don't want to buy one nipple ruler for measurement?

15mm

17mm

19mm

21mm

23mm

24mm

27mm

29mm

Too small
- Pain rubbing and redness of nipple
- Poor milk output

Correct Fit
- Some of areola is pulled into flange and nipple
- Move freely and painlessly

Too Large
- Too much of areola is pulled into flange
- Nipple damage, pulling sensation
- Poor milk output
- Flange falls from the breast while pumping
- Nipple is pulled to the end of a flange

Important: Make sure the file is set to full size or 100% in the print dialog to ensure accurate measurements.