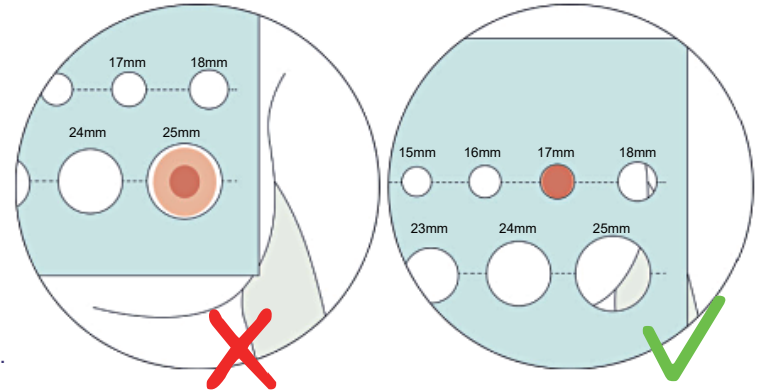


To ensure comfort and effective output, it's vital to use the right funnel insert size. Your nipple size can change, so it's important to measure before you start pumping and periodically throughout your pumping journey.

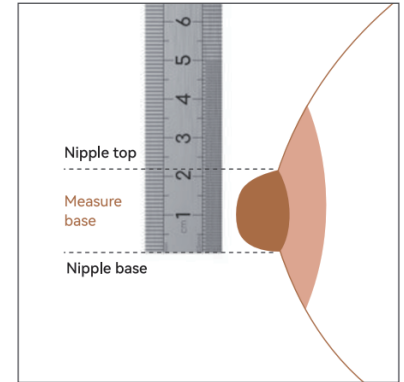
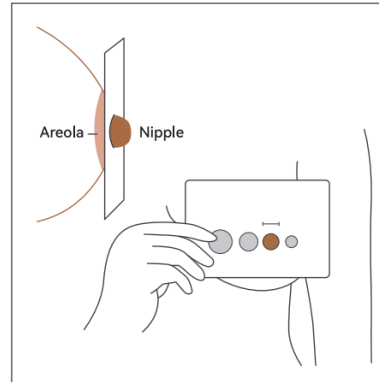
Here's how to discover your ideal size:

1. Choose a time before pumping/breast feeding or at least 1 hour after. Do not measure directly after pumping or breastfeeding as this could cause inaccurate measurement.
2. Perk up your nipple. Then, use our "nipple measurement tool" by gently sliding each circle over your nipple. Select the circle that can smoothly reach the base without making contact with any part of your nipple. This is your nipple size.
3. Repeat the same process for your other nipple, as each breast may have a different size.
4. Use our "Nipple Funnel Insert Chart" to determine the appropriate funnel insert size for your nipples.



NIPPLE FUNNEL INSERT SIZING CHART

Nipple Size	Recommended Nipple Funnel Insert Size
16-17 mm	19 mm insert
18-20 mm	21 mm insert
21-23 mm	24 mm insert
24-26 mm	Directly on the 28mm breast shield



NIPPLE MEASUREMENT TOOL

