



**Note:** Pumping should not hurt! If you are experiencing any pain or discomfort, it could be related to improper flange size. BabyBuddha customers can reach out to us at [support@babybuddhaproducts.com](mailto:support@babybuddhaproducts.com) to schedule a complimentary lactation consultation/flange fitting!

## MEASURING FOR FLANGE SIZE:

1. Stimulate your nipple gently, but do not pump before measuring.
2. Slide your nipple into the holes and find the one that most comfortably fits, all the way to the base of the nipple, without needing to be forced in.
3. Be sure to measure the nipple at the base where it meets the areola. Do not include the areola.
4. Flange sizing isn't an exact science. Once you have your measurement, you should try starting with the size closest to your nipple size and consider experimenting with the size above and the size below. You will find your "sweet spot" when you experience the greatest comfort and consistent + ample milk spray while pumping.
5. Purchase the appropriate flanges on our website or use flange inserts with our 24mm flanges to reach the correct size!

## NIPPLE MEASUREMENT TOOL

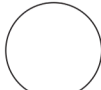
11mm



12mm



13mm



14mm



15mm



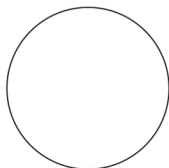
16mm



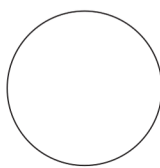
17mm



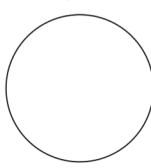
22mm



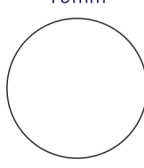
21mm



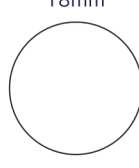
20mm



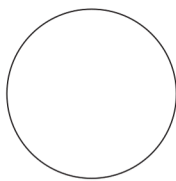
19mm



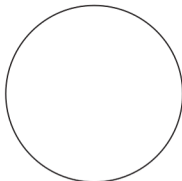
18mm



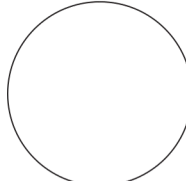
23mm



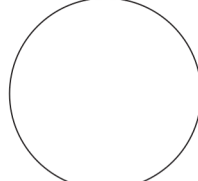
24mm



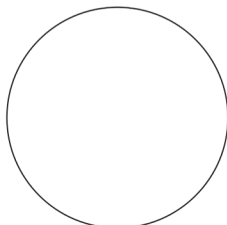
25mm



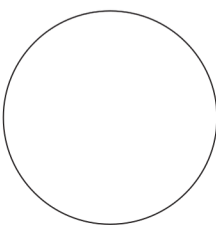
26mm



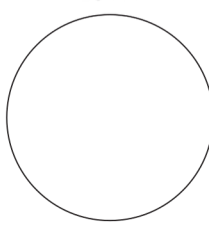
30mm



29mm



28mm



27mm

