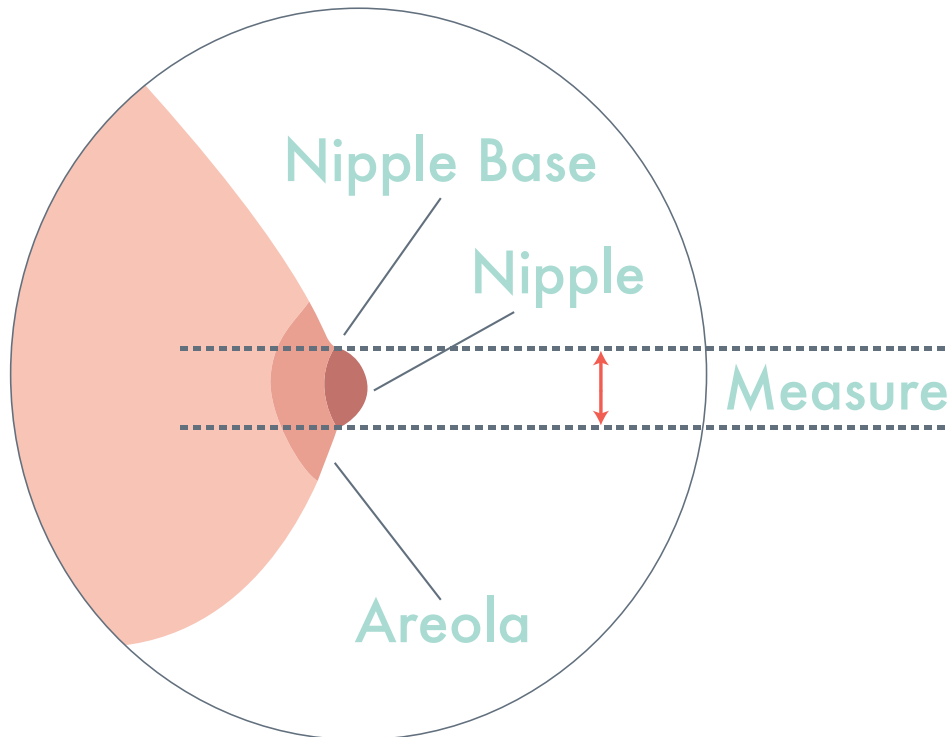


# Breast Shield Sizing

## Understanding size

Pumping should not hurt. This guide is a starting point to help determine your optimal size based on your nipple diameter.

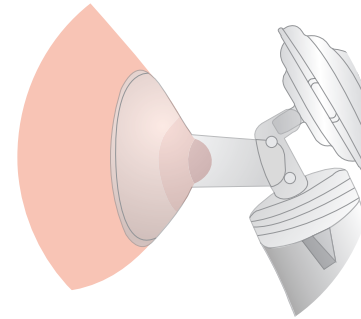
How to find the right size flange for you:



**Step 1:**  
Using a ruler or measuring tape measure the diameter of your nipple at base (across middle) in millimeters (mm). \* 1 cm = 10 mm. Do not include areola.

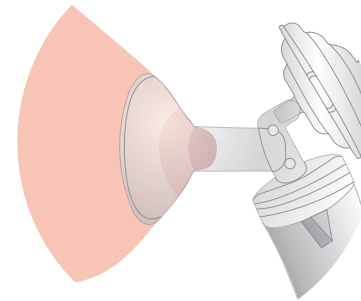
**Step 2:**  
Take your measurement and add 4mm to determine your breastshield size.  
\*Example: If your nipple size measures 26 mm in diameter, the recommended breastshield size is 30 mm.

## Test your breastshield size



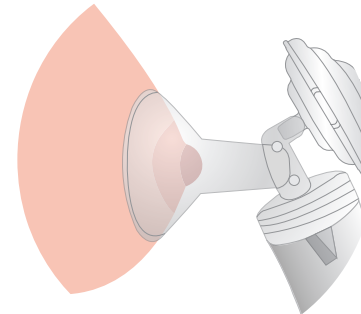
### Good Fit

During pumping your nipple is able to move freely in the breast pump flange tunnel. You will have space around your nipple and not much of the areola is drawn into the tunnel with the nipple.



### Too Small

During pumping some, or your entire nipple rubs against the sides of the breast pump flange tunnel.



### Too Large

During pumping more of your areola is drawn into the breast pump flange with your nipple. You may experience your areola rubbing up against the side of the breast pump flange tunnel.

Should you try a new size?

Does your nipple rub sides of tunnel, to the point of causing discomfort? Do you see excessive areola being pulled into tunnel? Do you see any redness? Is your nipple or areola turning white? Do you feel unexpressed milk after pumping?

If you answered "YES" to any of these questions, consider trying a new size by following the measuring instructions above. If you are still unsure if you selected the correct size, see a lactation consultant, or breastfeeding specialist for assistance in choosing the right size breastshield.