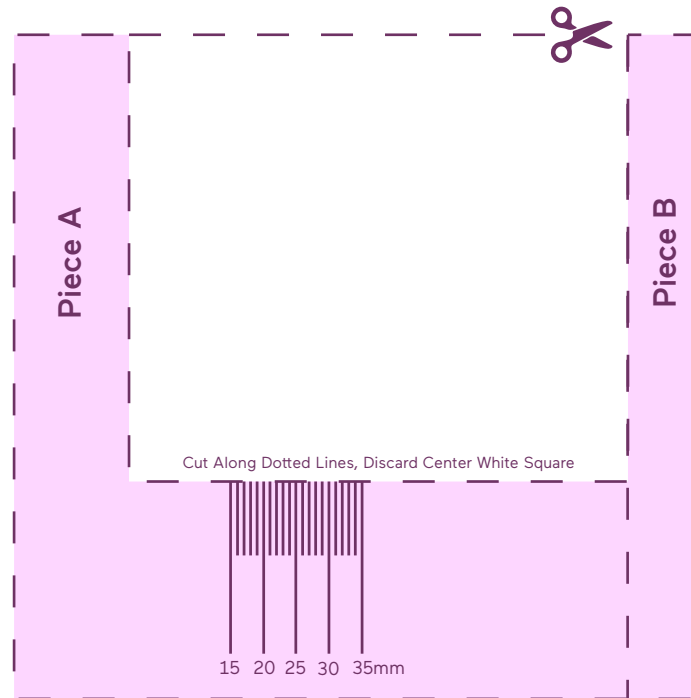




Breast Pump Flange Sizing Guide



Before You Begin:

- Print this sheet at 100% scale.
- Measure your nipples prior to pumping.
- Measure both nipples, as they may be different sizes.

Directions for Using the Ruler:

1. Cut along the dotted lines. You'll have two pieces: an L-shaped A piece and an L-shaped B piece.
2. With the ruler facing outward, place A at your nipple's right edge.
3. Place B next to your nipple's left edge. (A and B should be parallel.)
4. When done properly, your nipple should fall directly between A and B.
5. The diameter of your nipple is the number on the ruler that lines up with B.
6. To find your flange size, take this measurement and add 2-3mm, then round up to the nearest flange size.