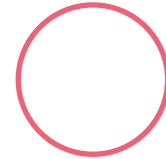
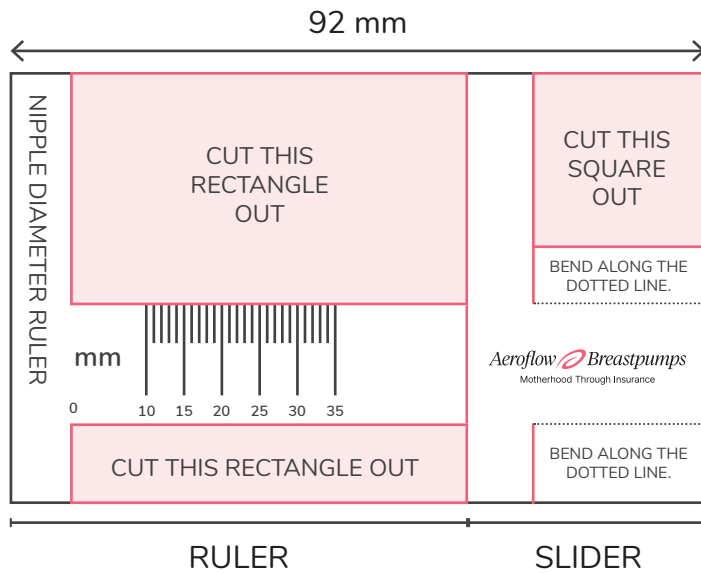


HOW TO Measure Your Nipple Diameter

Print and cut out the below nipple ruler to measure your nipple diameter.
Measure the nipple diameter **BEFORE** a pumping session.



Check print sizing by comparing the circle above to a penny. The penny should fit inside the circle.

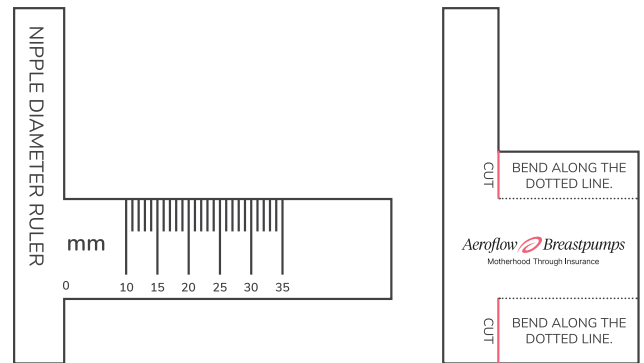
INSTRUCTIONS

Step 1

Print out the page on an A4 / letter paper at 100% scale. Make sure the lines across is 92 mm or 3.62 inches for accuracy. You can also use the circle above to check print size by using a penny.

Step 2

Cut out the square and rectangles. There will be two pieces: the RULER and the SLIDER. Cut along the two CUT lines on the SLIDER.



RULER

SLIDER

Step 3

Place the SLIDER over the RULER. Bend / fold along the the dotted lines on the SLIDER around the RULER.

Step 4

Place your nipple between the RULER and the SLIDER. Adjust the SLIDER so the RULER and SLIDER gently touch both sides of your nipple. Measure your nipple diameter.

Contact your Lactation Consultant for an evaluation to help you get the best flange fit.

