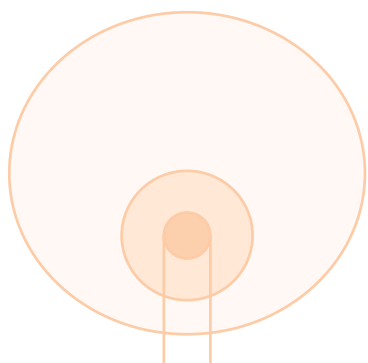


Flange Sizing Guide



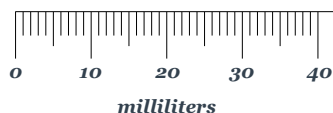
Several factors go into finding the perfect flange fit. It's essential to assess how the flange looks, feels and whether you are pumping an adequate amount of milk. The expected milk output is 2-4oz combined every 2-3 hours if you are exclusively pumping or about half if also nursing your baby at the breast. Lowering the suction vacuum can help if you are having pain or your nipple is pulling significantly through the flange tunnel. Higher vacuum strength does not mean more milk. Lubricating the inside of the flange tunnel with coconut oil or olive oil can help decrease discomfort. Nipple size can fluctuate throughout your breastfeeding journey and can vary from side to side.



Measure nipple only

Sizing Tool

- 1 Fold along the line that runs through the middle of the circles. Carefully cut out the circles or use the ruler to the left. Nipple should fit securely in the circle with no areola present. You want to measure only the nipple not the areola.
- 2 Choose a flange size closest to the measurement of your nipple diameter.
 - + Measure your nipple diameter **before** pumping.
 - + For more accurate results, stimulate your nipple with hand expression before measuring.



10mm

13mm

15mm

17mm

19mm

21mm

24mm

27mm