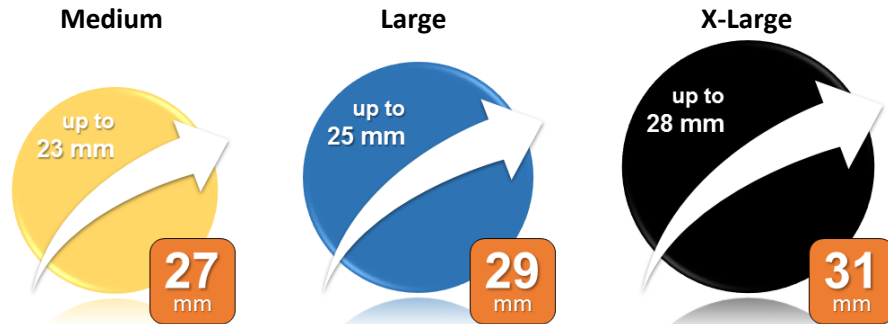
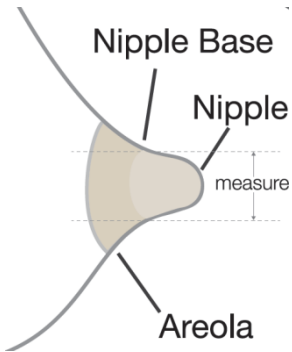


How To Choose Your Breast Flange

1 How to size properly

Pumping should be comfortable. For maximum pumping efficiency, we offer three flange sizes. This guide is a starting point to help determine your optimal size based on your nipple diameter.



Step 1:

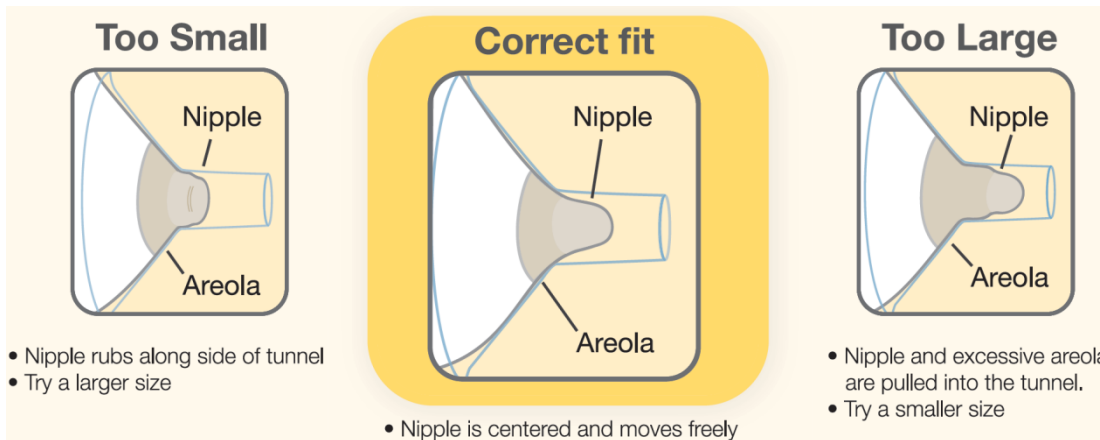
Use a ruler or measuring tape to measure the diameter of your nipple at the base (across the middle) in millimeters (mm). 1cm = 10mm

Step 2:

Based on your measurement, select your best fit. If you do not have the size needed, please visit our website or contact us.

2 Test your fit

1. Start with the 27 mm that came with your pump, or the size determined by measuring above
2. Center the nipple and gently hold flange against your breast
3. Refer to the images below while pumping.



3 Do you need a new size?

- Does your nipple hit the side of tunnel, to the point of causing discomfort?
- Can you see excessive areola being pulled into tunnel?
- Can you see any redness?
- Do you feel your breasts still contain milk after pumping?

Things to consider:

- Your flange size may depend on your breast tissue and skin elasticity.
- When you apply vacuum pressure, your nipple size can change.
- Your flange size could change over time.
- You may even need a different size for each breast.

If you answered YES to any of these questions, try a new size by following the measuring instructions above. If you are still unsure if you selected the correct size, see a lactation consultant, breastfeeding specialist, or call 714-515-7571 for assistance.