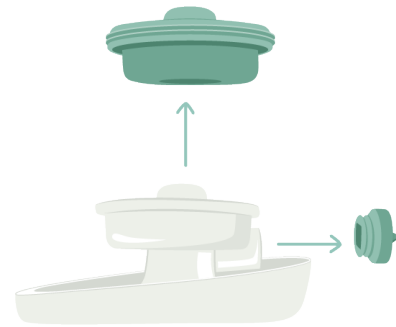


Elvie Stride Breast Shield/Cup Sizing Guide

1. Remove the Breast Shield from the Cup Front.



2. Remove the Valve and Diaphragm.



3. Put the Breast Shield on with the sizing symbol pointing upwards and place your nipple in the centre of the fit lines.

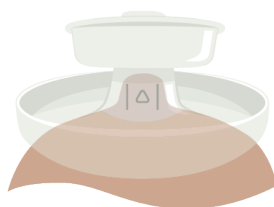
4. Check whether the fit lines line up with the outside of your nipple.



Breast Shield correct fit

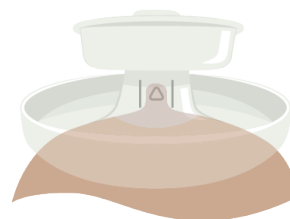
5. Because no two nipples are the same, be sure to try the Breast Shield on your other nipple.

✗



Too small – buy □ (28 mm)

✗



Too big – buy ○ (21 mm)

If the 24 mm Shield does not work for you, 21 mm and 28 mm Breast Shields are available.