

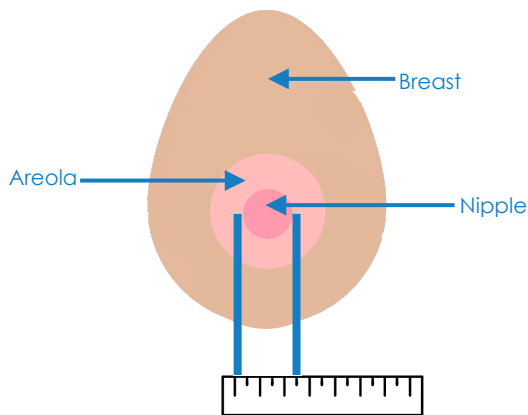
breast shield sizing guide

why breast shields help you pump better

The breast shield size is the funnel part of your breast shield kit that you place on your breast to express breastmilk from your breast pump. Incorrectly sized breast shields can lead to soreness, blocked milk ducts, and impact milk production.

how to find your breast shield size

The size of your breast shield is determined by the size of your nipple. Follow the steps below to find your correct shield size:



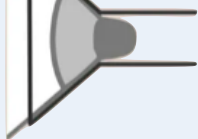
Step 1. Stimulate your nipple so it perks up

Step 2. Using a measuring tape or ruler, measure the diameter of your nipple at the base (across the middle) in millimeters (mm). Do not include the areola or outer edge.

Step 3. Follow the selection guide table for the correct size shield

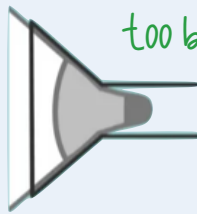
Nipple Diameter (mm)	Breast Shield Size
Up to 17mm	21mm
18mm - 20mm	24mm
21mm - 24mm	28mm
25mm - 28mm	32mm

perfect fit



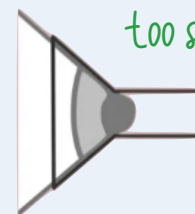
- During pumping your nipple can move freely in the breast shield tunnel
- You have space around your nipple and not much of the areola is drawn into the tunnel with the nipple

too big



- During pumping your areola is drawn into the breast shield tunnel
- You may experience your areola rubbing up against the side of the breast shield tunnel

too small



- During pumping your entire nipple rubs against the sides of the breast shield tunnel