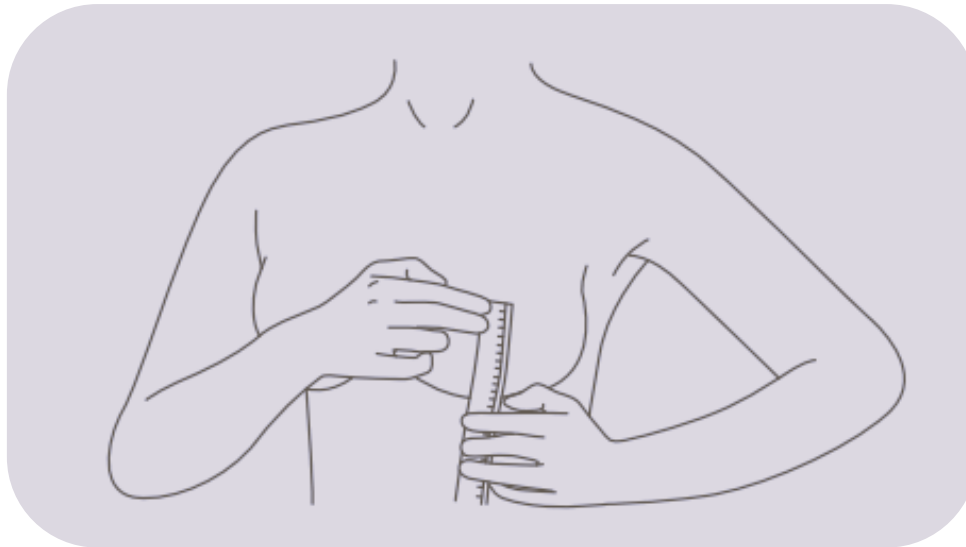
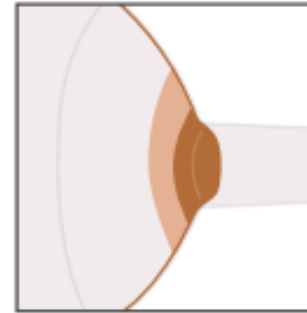
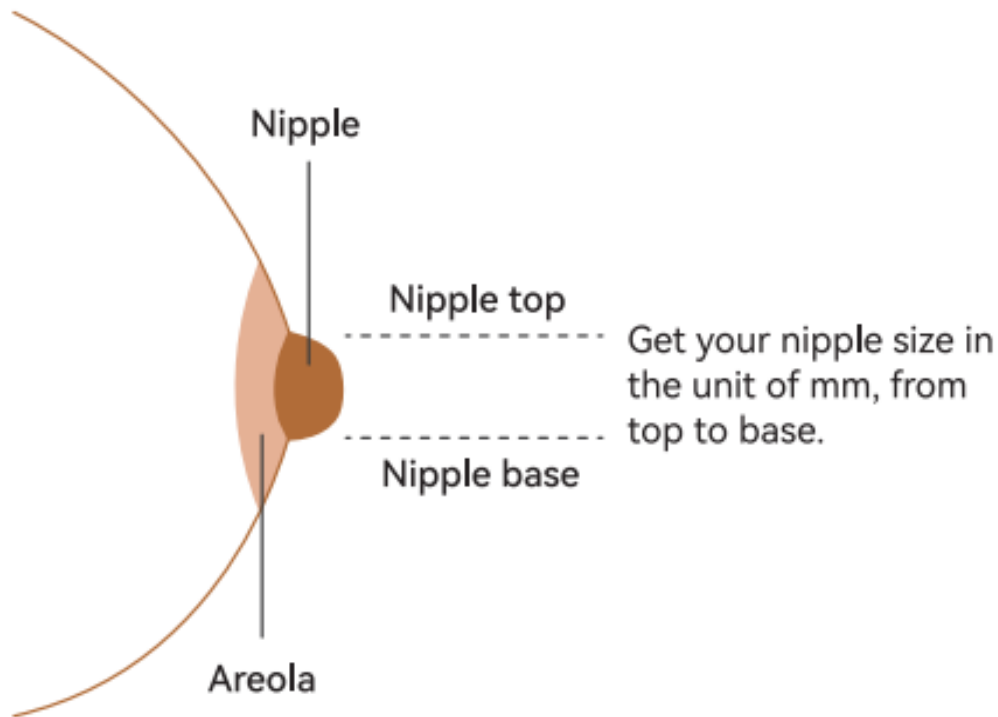


Nipple Measuring Guides



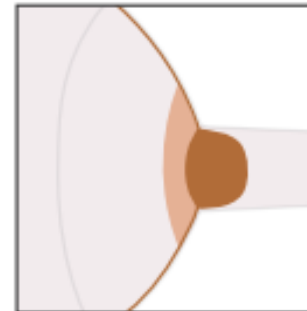
Whether the shield or flange size of your breast pump is right or not greatly affects your breast comfort and milk output. If you want to ensure the most amount of milk during your pumping and comfort during and after pumping, getting the right measuring size of your nipples is very crucial. If you don't know how to do it, we have two options that will help.

Part 1: Correct Fit



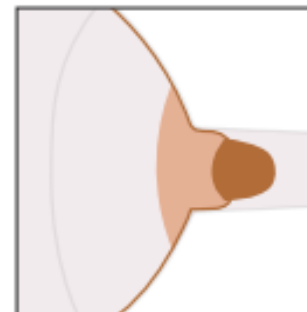
Too Small

Nipple rubbing against the flange



Correct Fit

Nipple snug nicely inside the tunnel of flange



Too Large

Nipple along with aerola is being sucked into the flange

Part 2: Two Ways to Measure the Size of Your Nipples

First method option:

Use the nipple ruler or a normal ruler to measure:

Step 1.

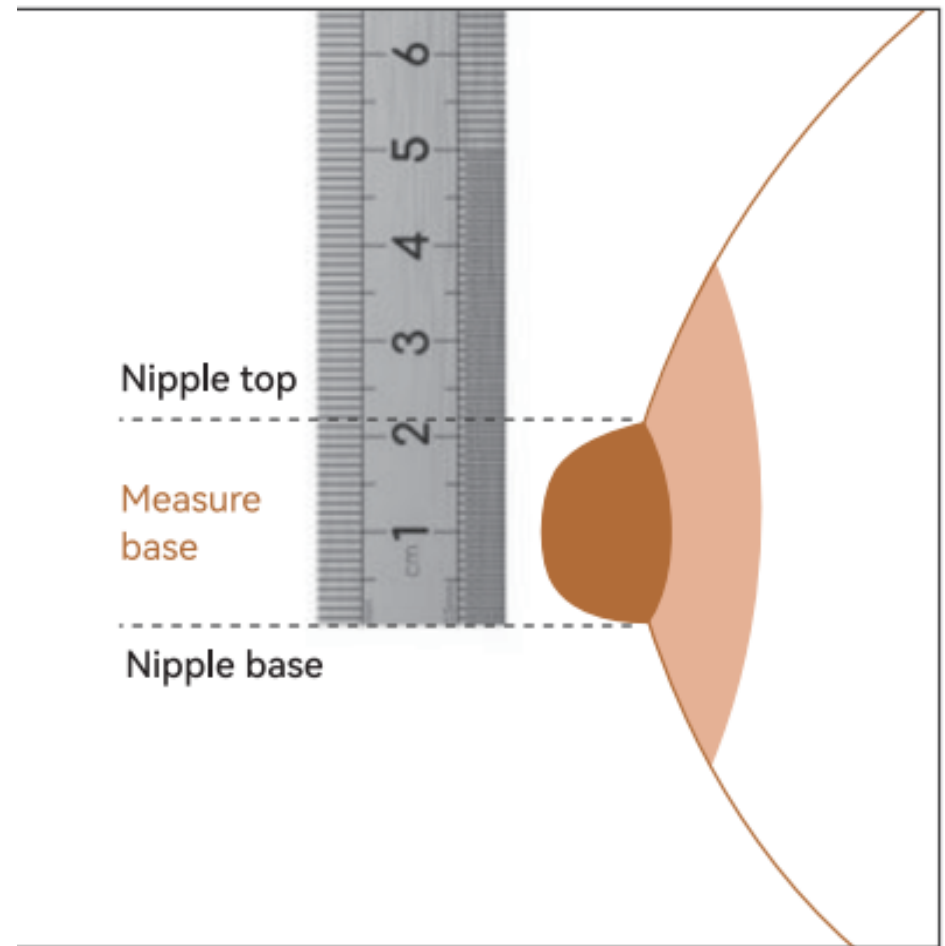
Stimulate your nipple to make it perk up.

▶ Step 2.

▶ Hold the ruler at a vertical angle and measure from the base to the top of your nipple.

Step 3.

▶ See chart on last page for flange or flange insert size suggestions.



Second method option:

Use the nipple ruler with the holes to measure:

Step 1.

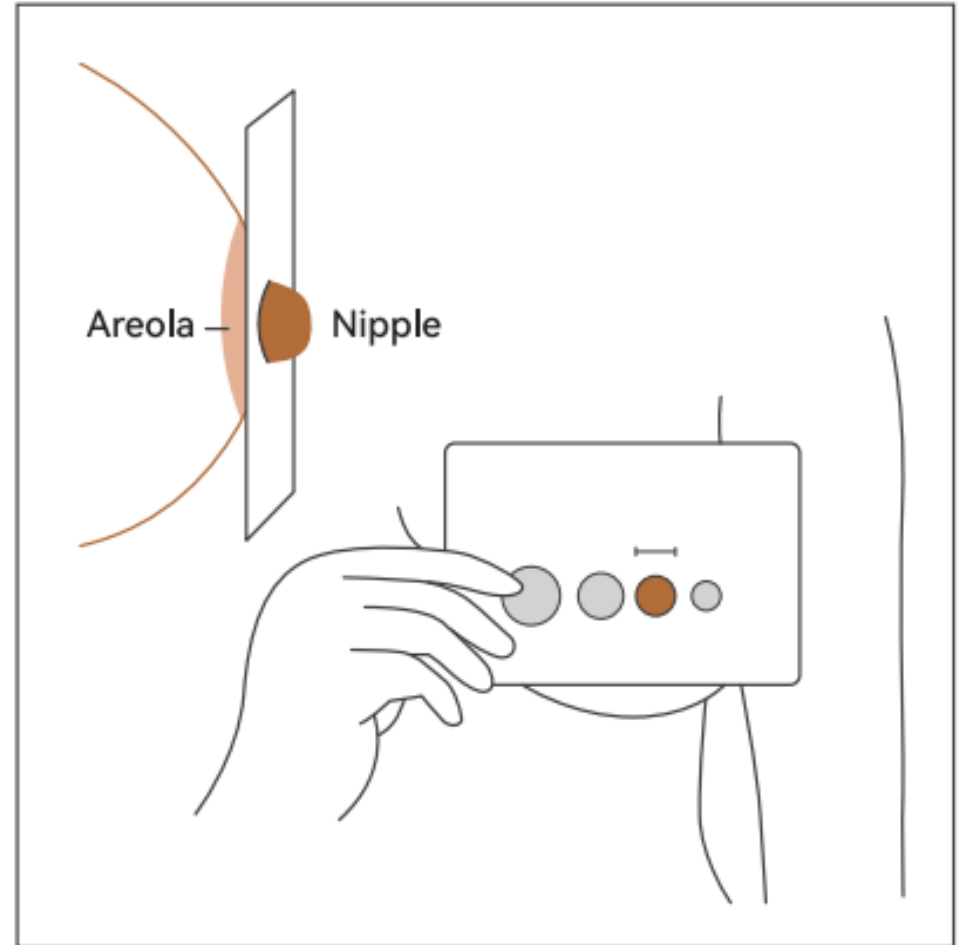
Stimulate your nipple to make it perk up.

Step 2.

Place your nipple into the holes one by one to find out which one you can comfortably fit your nipples into, in a way that your nipple can be out through the hole completely, also the ruler can touch the areola at the same time..

Step 3.

See chart on last page for flange or flange insert size suggestions.



Tips

1. Your left and right nipples may be different sizes, so please measure them both to get the exact size of each.
2. When you start pumping, your nipple size may change. So it's recommended that you choose the size of the flange which is 1-3 mm larger than your nipple's size, or you can measure the exact size when you finish pumping.

Need more help?

1. Please feel free to reach out to The Milk Bank for free support and guidance by calling 317-536-1670 or toll free at 877-829-7470.
2. Our breast pump partner, Ardo Medical, is also a great support for you. You can reach out to them by visiting www.ardo-usa.com or call toll free at 844-411-ARDO (2736).

Nipple Diameter Measurement	Recommended Flange Size or Flange Insert Size
9-11mm	13mm
11-13mm	15mm
13-15mm	17mm
15-17mm	19mm
17-19mm	21mm
21-23mm	24mm
23-25mm	26mm *Ardo pump size without insert

Before you measure, stimulate your nipple to make sure you have its full size.