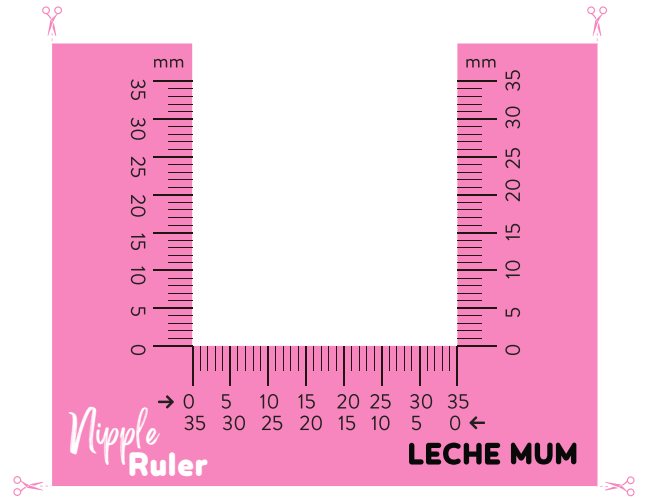


Flange Sizing Guide



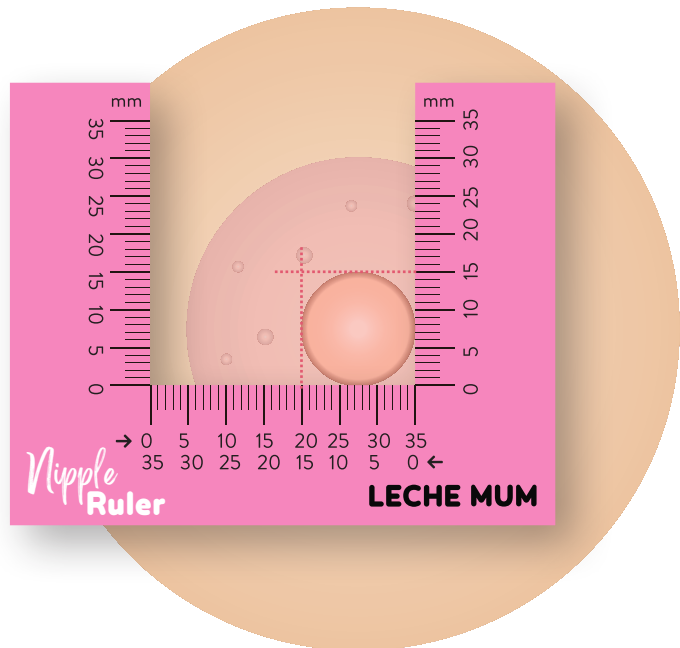
Using the Flange Sizing Guide

STEP 1

Print the ruler at 100%. Carefully cut along the dotted lines. You now have a nipple ruler.

STEP 2

Take a pre-pump measurement of your nipple, at the base. Hand stimulate to make sure your nipple is fully erect before measuring. Properly fitted flanges will be 1-3 mm larger than your nipple measurement before pumping, generally speaking.



PLEASE CONSULT WITH A LACTATION PROFESSIONAL IF YOU'RE EXPERIENCING NIPPLE PAIN OR DAMAGE.



IMPORTANT PRINTING INSTRUCTIONS

Before printing this flange sizing guide, make sure your printer is set to 100%. To confirm the printer scaled the ruler correctly, the image of the R5 going alongside should be the same size as an actual R5 coin placed on top of it.