

Printable Nipple Measuring Guide

Printing instructions

1. Print out this sizing guide at 100% on 8.5 x 11 inch paper. (**LANDSCAPE**)
2. Fold circles in half along dotted line and carefully cut out each circle.

How to find your perfect size:

1. Pick a time before pumping/breastfeeding or at least one hour after.
2. Use our Nipple Measurement Chart by sliding each circle over your nipple. Select the circle that can slide all the way to the base of your nipple with no areola showing. This is your nipple diameter.
3. Do the same for your other nipple. No two breasts are the same!
4. Confirm the available flange sizes included in the brand/model pump you are interested in ordering to ensure the correct size is included to meet your needs. Most breast pumps will come with standard sizes. If you find you need a different size than what's included please reach out to the manufacturer for compatible pump parts or flange inserts to ensure comfortable pumping.

NIPPLE MEASUREMENT CHART

