

- Cut through dotted lines above and below the circles.
- Fold along the dotted line that runs through the middle of the circles.
- Carefully cut out the circles.
- Measure the diameter of your nipple at the base, in millimeters. Do not include your areola.
- Measurements are not exact, but will give you a starting point for sizing. Consult with IBCLC to be sure.

Cut here

15mm

17mm

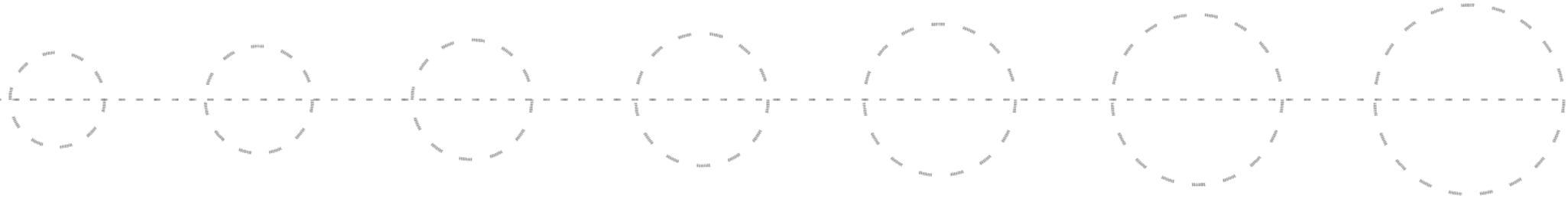
19mm

21mm

24mm

27mm

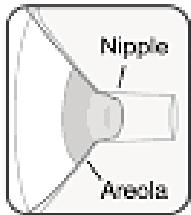
30mm



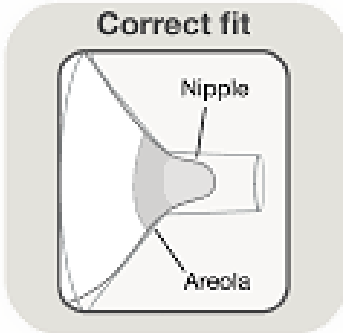
Cut here

### Flange Fit Guide from Medela

**Too Small**



**Correct fit**



**Too Large**

