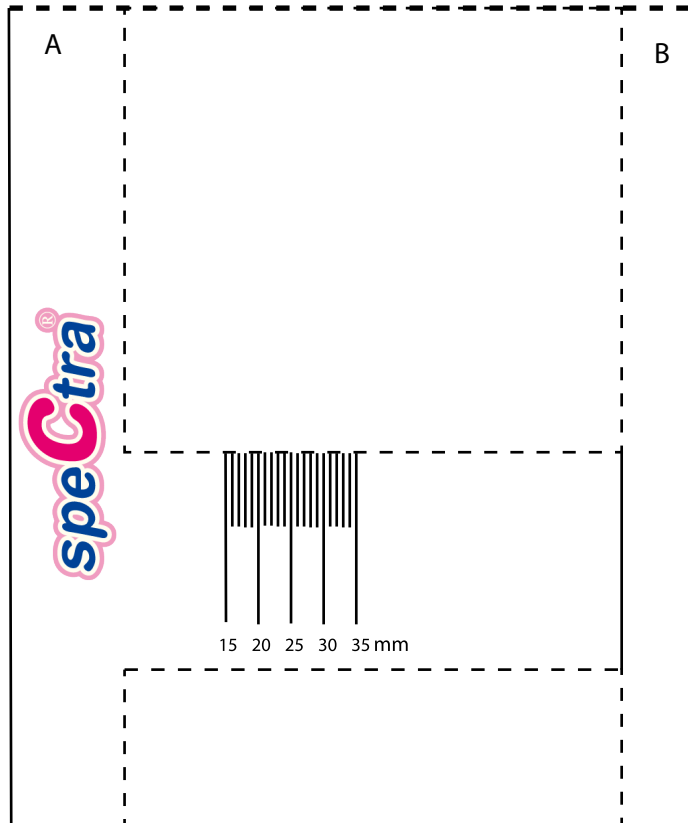


Cut Along Dotted Lines

B  
R  
E  
A  
S  
T  
S  
H  
I  
E  
L  
D  
  
S  
I  
Z  
I  
N  
G  
  
G  
U  
I  
D  
E



How to measure:

1. Be sure to use before pumping for accuracy
2. Measure your nipple diameter with guide cutout

How to use:

1. Print this page at 100% scale
2. Cut along dotted lines. You should be left with an 'H' shape
3. Place side 'A' to the right of nipple edge and fold side 'B' behind ruler to line up with left nipple edge
4. If done correctly, your nipple will fall directly between 'A' and 'B'
5. This is your nipple diameter measurement

How to select shield size:

1. After measuring prior to pumping, add 3-5mm  
For instance: if you measure at 20mm, your breastshield size is 24mm.