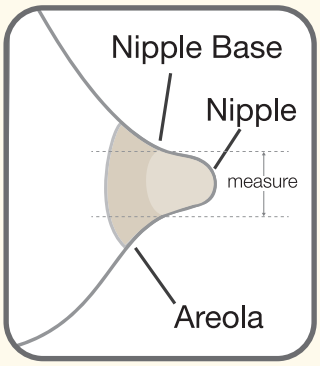
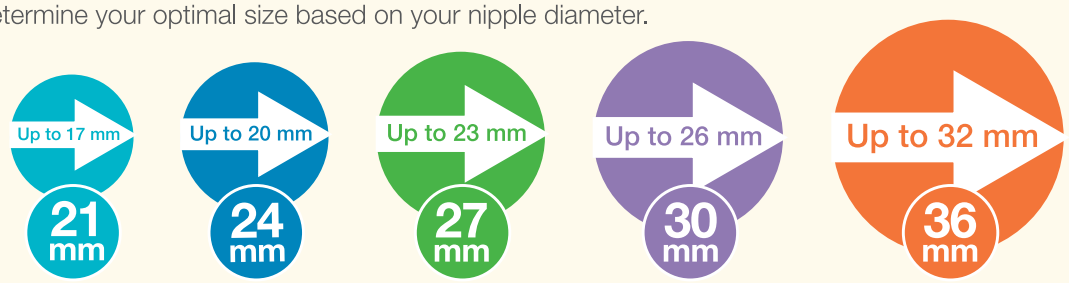
medela

Choosing your PersonalFit™ Breastshield Size

1 Understanding Medela's PersonalFit™ sizing

Pumping should not hurt. For maximum comfort and pumping efficiency, Medela offers five breastshield sizes. This guide is a starting point to help determine your optimal size based on your nipple diameter.





Step 1:
Using a ruler or measuring tape measure the diameter of your nipple at base (across middle) in millimeters (mm).* 1 cm = 10 mm. **Do not include areola.**

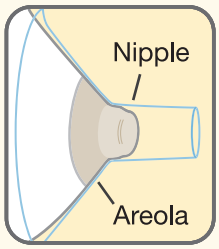
Step 2:
Based on your measurement, determine your PersonalFit breastshield size.

*Example: If your nipple size measures 16 mm in diameter, the recommended PersonalFit breastshield size is 21 mm.

2 Test your breastshield size

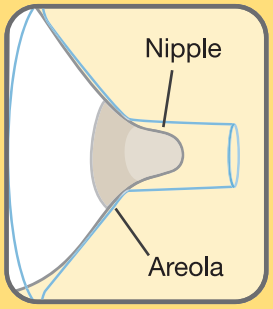
1. Start with the 24 mm that came with your pump, or the size determined by measuring.
2. Center nipple and gently hold breastshield against your breast.
3. Adjust for Maximum Comfort Vacuum™, to achieve optimum suction level.
4. Refer to images while pumping in expression.

Too Small



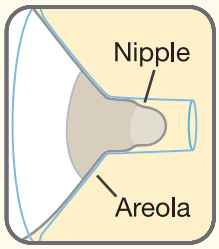
- Nipple rubs along side of tunnel
- Try a larger size

Correct fit



- Nipple is centered and moves freely

Too Large



- Nipple and excessive areola are pulled into the tunnel.
- Try a smaller size

3 Should you try a new size?

- Does your nipple rub sides of tunnel, to the point of causing discomfort?
- Do you see excessive areola being pulled into tunnel?
- Do you see any redness?
- Is your nipple or areola turning white?
- Do you feel unexpressed milk after pumping?

Did You Know?

- *Pressing breastshield too hard could block milk ducts.*
- *Your breastshield size will depend on your breast tissue and skin elasticity.*
- *When you apply vacuum pressure, your nipple size could change.*
- *Your breastshield size could change over the duration of your pumping experience.*
- *You may even need a different size per breast.*

If you answered "**YES**" to any of these questions, consider trying a new size by following the measuring instructions above. If you are still unsure if you selected the correct size, see a lactation consultant, breastfeeding specialist, or visit MedelaBreastshields.com for assistance in choosing the right size breastshield.

Call 1-800-TELL-YOU to locate a breastfeeding specialist in your area. QUESTIONS? Call Medela Customer Service at 1-800-435-8316. Medela is a registered trademark of Medela Holding AG. PersonalFit and Maximum Comfort Vacuum are trademarks of Medela, Inc.1908488A 0315 © 2015 Medela, Inc.