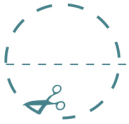


15mm



17mm



19mm



21mm



23mm



25mm



27mm



29mm



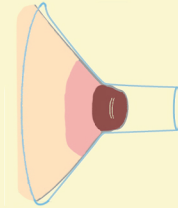
1. Fold double along line

2. Carefully cut out the circles along the lines. This is important for accurate measurements!

3. At the end of your pumping session, use the holes to select a size that fits most snugly around your nipple. *Tip: try measuring in front of a mirror!*

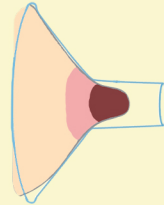


Cut here



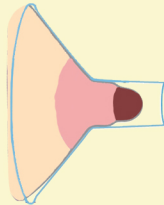
Too Small:

- Pain, rubbing and redness of nipple
- Poor milk output



Just Right:

- Some of areola is pulled into flange and nipple moves freely and painlessly



Too Big:

- Too much of areola is pulled into flange
- Nipple damage, pulling sensation
- Poor milk output
- Flange falls from the breast while pumping
- Nipple is pulled to the end of a flange

Is your flange size an unconventional size? visit <https://www.amazon.com/shop/bumble.baby> for custom flange sizes.

☆ Important: make sure document is set to Full Size or 100% in the print dialogue box to guarantee accurate measurements