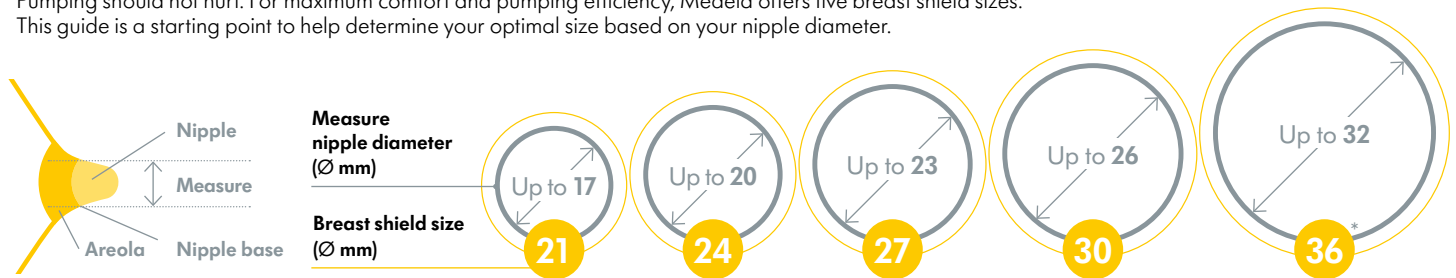


# Choosing your Medela breast shield size

Make sure to use the right breast shield size. It is an essential component of effective pumping, helping to optimise milk flow.

## Understanding Medela's breast shield sizing

Pumping should not hurt. For maximum comfort and pumping efficiency, Medela offers five breast shield 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). **Do not include areola.**

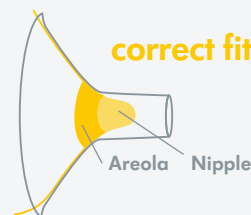
### Step 2

Based on your measurement, determine your Medela breast shield size. Example: If your nipple size measures 16 mm in diameter, the recommended Medela breast shield size is 21 mm.

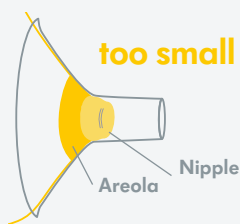
\* PersonalFit FLEX™ is not available in size 36 mm

## Test your breast shield size

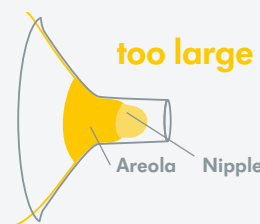
- Start with the breast shield that came with your pump, or the size determined by measuring.
- Centre the nipple and gently hold the breast shield against your breast.
- Adjust for Maximum Comfort Vacuum to achieve optimum suction level.
- Refer to the images below while pumping in the expression phase (after the stimulation phase).



- The nipple is centred and moves freely.



- The nipple rubs along the side of the tunnel.
- Try a larger size.



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

## Did you know?

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

## Reasons to try a new size

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

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 that you selected the correct size, see a lactation consultant or breastfeeding specialist.

Watch our fitting animation at [www.medela.co.uk/fittingguide](http://www.medela.co.uk/fittingguide)