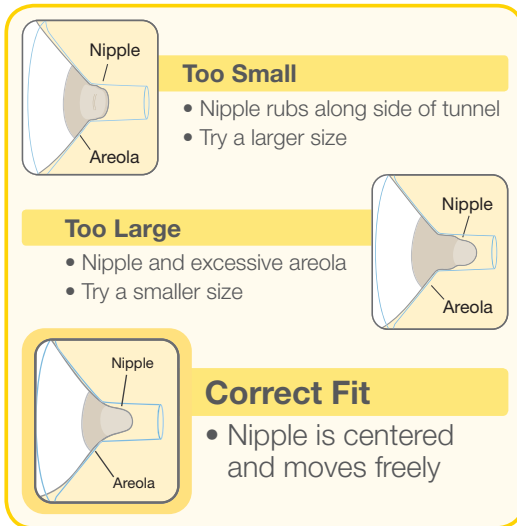


## Test your breast shield size

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



If you are still unsure about your breast shield size, call **1-800-TELL-YOU** to locate a breastfeeding specialist in your area or visit [www.MedelaBreastShields.com](http://www.MedelaBreastShields.com) for assistance.

QUESTIONS? Call Medela Customer Service at 1-800-435-8316.

Medela is Registered in the U.S. Patent and Trademark Office.

PersonalFit and Maximum Comfort Vacuum are trademarks of Medela.

1548324 A 0516 © 2016 Medela, Inc. 1908578

medela 

Do you have the correct breast shield size?



## How to know if you should 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?

If you answered **“YES”** to any of these questions, consider trying a new size by following the measuring instructions on the following page and test instructions on the back.

### Did You Know?

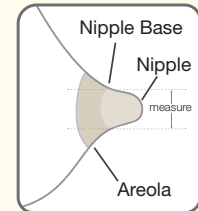
- *Pressing the breast shield too hard could block milk ducts.*
- *Your breast shield size will depend on your breast tissue and skin elasticity.*
- *When you apply vacuum pressure, your nipple size could change.*
- *Your breast shield size could change over the duration of your pumping experience.*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

## Understanding Medela’s PersonalFit™ 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 shield size based on your nipple diameter.

### Step 1:

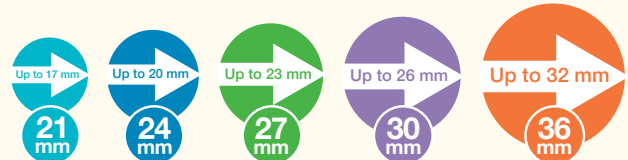
Using a ruler or measuring tape, measure the diameter of your nipple at base (across middle) in millimeters (mm).\* 1cm = 10mm.



**Do not include areola.**

### Step 2:

Based on your measurement, determine your PersonalFit™ breast shield size.



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