



1. Print out the page on an A4/letter paper.
2. Cut through the red line
3. Bend/fold along the green dots.
4. See below for a finished ruler and how to use it.
5. Measure the nipple diameter before a breast pumping session. After a pumping session, the nipple will enlarge a little.
6. Choose a breastshield with an internal diameter that is 2-3 mm larger than your nipple diameter.

Example: If your nipple diameter before a pumping session is 16 mm, try a 19 mm breastshield first.

