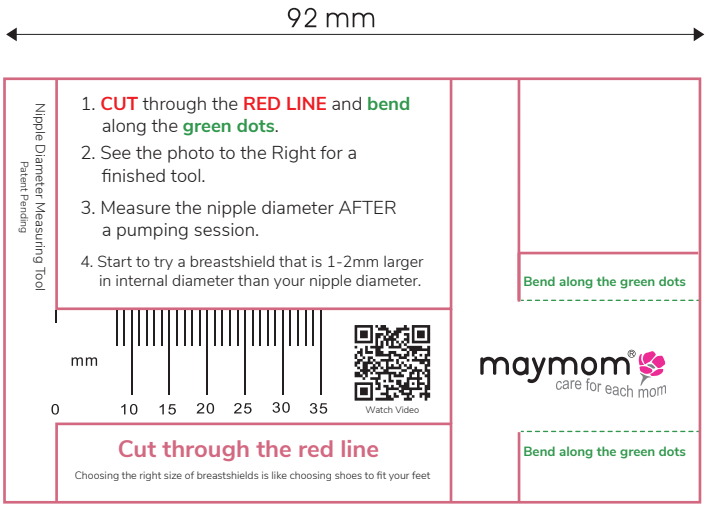


1. Print out the page on an A4/letter paper at 100% scale.

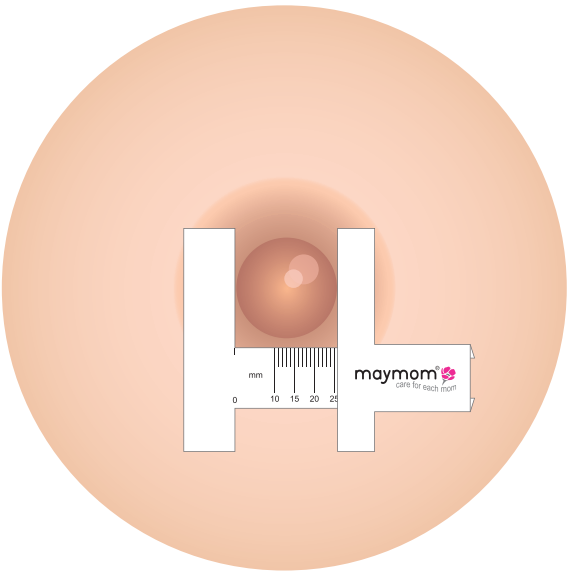
2. Cut through the red line

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.

6-1. Choose a breastshield with an internal diameter that is 2-3 mm larger than your nipple diameter.

6-2. Alternatively, the Flange FITS™ method, developed by IBCLC Jeanette Mesite Frem, starts with a flange size matching the nipple tip diameter, then tests one size smaller and larger to find the most comfortable and effective option. The clinical study showed that using FITS-sized flanges (13 mm to 19 mm) improves comfort and milk yield compared to the standard 21 mm or 24 mm flanges.

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