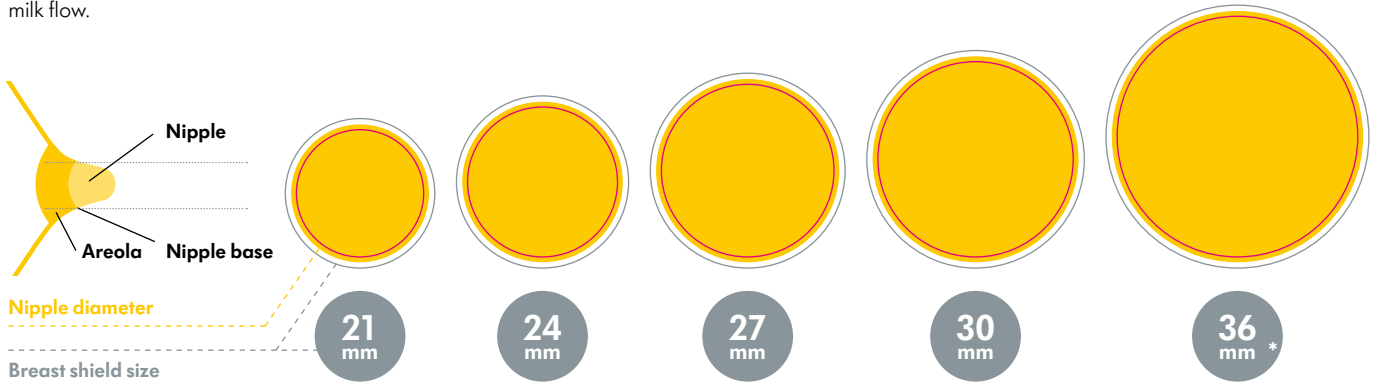


# Sizing tool for Medela breast shields

Use this tool as a starting point to help find the right breast shield size for you based on your nipple diameter. Medela offers a range of breast shield options and sizes. A correct fit is essential for comfortable and effective pumping, helping to optimise milk flow.



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

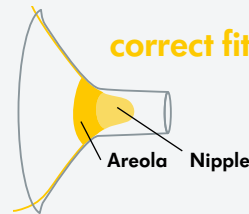
## How to find your optimal fit

Before you start a pumping session, find the circle that best matches the size of your nipple (do not include the areola).

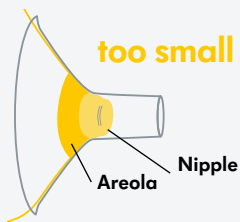
The correct size should be a close but comfortable fit around your nipple. You should not need to force your nipple through the circle.

### Test your breast shield size

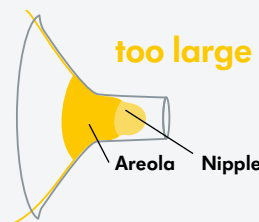
- Start with the breast shield size you've just determined or with one that came with your pump.
- Centre the nipple and gently hold the breast shield against your breast.
- Adjust for Maximum Comfort Vacuum to achieve optimum suction level.
- Refer to the following images while pumping in the expression 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.
- 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 and/or whiteness?
- Do you feel unexpressed milk after pumping?

If you answered **"YES"** to any of these questions, consider testing a new size. If you are still unsure that you selected the correct size, see a lactation consultant or breastfeeding specialist.

Watch our fitting animation at [medela.com/fittingguide](https://www.medela.com/fittingguide)