



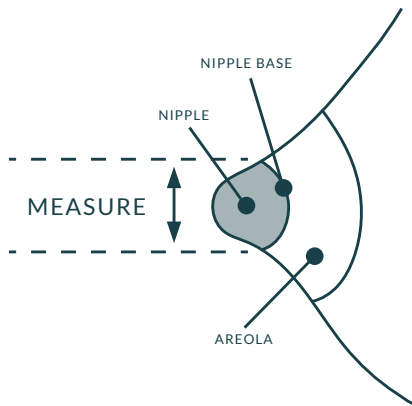
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Ameda Flange Sizing Guide

Print this sheet at 100% scale for accuracy. Cut along the dotted lines to measure your nipple diameter. Be sure to measure BEFORE pumping.

Step 1: Measure Your Nipple

Use the ruler on the tool to measure your nipple in millimeters as shown below. Do not measure the areola.



Step 2: Find the Closest Hole

Gently place your nipple into the holes, starting with the smallest one that fits without squeezing.

Step 3: Choose the Right Flange Size

Pick a flange that is 2-3mm larger than your nipple measurement.

If you're between sizes, start with the larger flange for comfort.

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If you do not have a printer, you may be able to use this coin guide to determine your nipple diameter.



18mm



21mm



24mm



28mm

11mm

13mm

15mm

17mm

19mm

21mm

22.5mm

25mm

27mm

28.5mm

30.5mm

32.5mm

36mm

