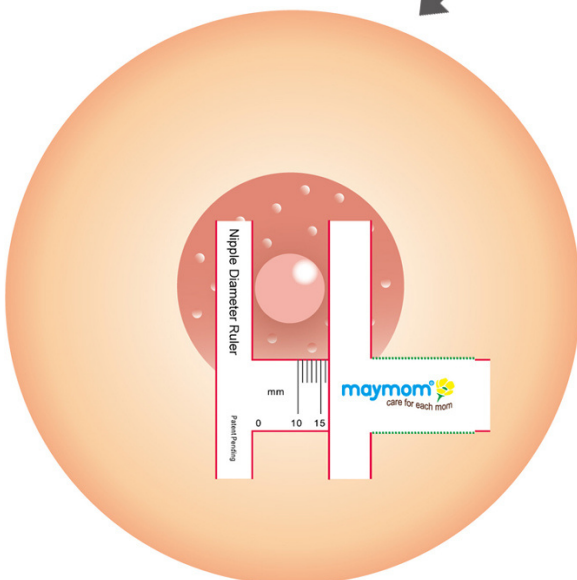


Instructions:

- Print this page - use a proper ruler to make sure the ruler has printed out at the correct scale. If it hasn't, you can still use the caliper - use it to gauge the distance, then use another ruler to measure the distance between the 2 sides
- Cut out along the red lines.
- Fold along the green lines.
- Slip the ruler end into the guide (to make a caliper like below)
- Measure **BEFORE** expressing
- Slip the 2 ends along so that your nipple is between them (make sure you are 1-2mm away from the areola)
- This is your starting point - eg, if you measure at 16mm start at 17mm. Most people appear to prefer a size that is very close to the diameter of their nipples.



- There are 3 considerations to flange sizing
 - Size
 - Comfort
 - Efficiency
- Note that your sizing may change and you may need to experiment with different sizes - maybe try my new flange lending service ;)



Measuring tool by Maymom,
instructions by

