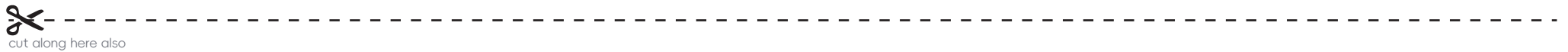
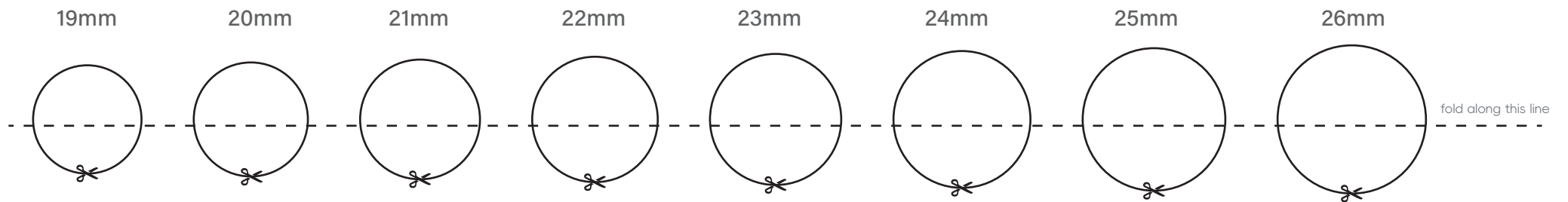


1. Cut out the sizing circles carefully.
2. Fit the circle over your nipple (no areola exposed, snug fit).
3. Test this size, one size larger and one size smaller with your flange.
4. Choose the size with the most comfortable feel. For professional guidance, please consult a lactation consultant.



Flange Too Large:

- > Extra areola sucked into flange
- > Tugging or pulling discomfort
- > Nipple reaches the end of flange
- > Shield falls off while pumping

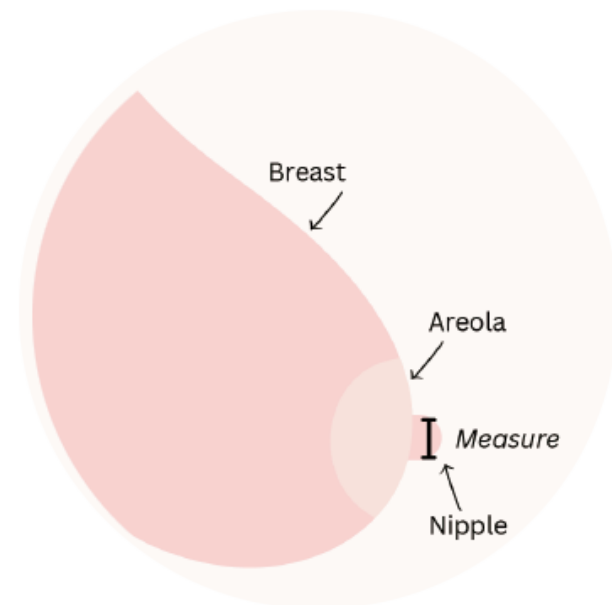
Flange Too Small:

- > Painful rubbing inside flange
- > Nipple redness

Need further assistance?

Email: support@ezmom.com

Website: ezmom.com



Important: Make sure you print this in full size or 100% fit for accurate measurements