

Helpful Reminders



A properly fit breast pump flange should not cause pain or discomfort and should help you to remove milk efficiently from your breast.



Breast and nipple sizes and shapes are unique to each person



Common sizes for flanges are 21mm, 24mm, 27mm, 30mm, 36mm

Many times a size smaller than 21 or a soft insert is needed for proper fit. A Nest IBCLC can help you decide which flanges fit best and answer questions.

Flange Size Selection



Find your measurements listed in your pump manufacturer's flange size options



Try the flange size recommended for each nipple. Pay attention to comfort & milk output.



Your flange size may be 0-4mm larger than your pre-pumping nipple measurement



Pro Tip!

To reduce friction, use a food-grade lubricant like coconut oil, when pumping!

Nipple Measuring Instructions

1

Cut out the included nipple ruler

2

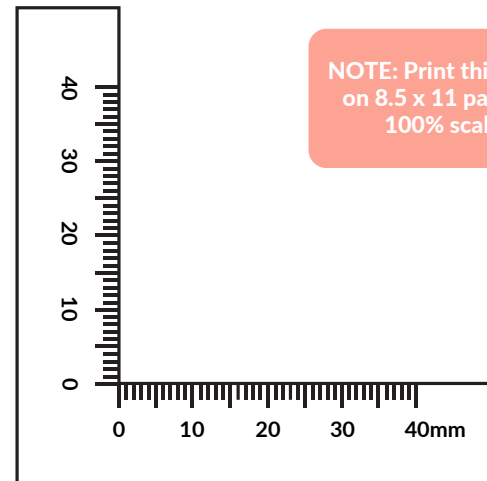
Gently stimulate your nipple so that it extends, or use the breast pump for a few minutes to pull the nipple out

3

Measure each nipple two times- once from top to bottom and once from side to side

4

Write down your measurements for both nipples and select the larger size for each nipple measurement



NOTE: Print this paper on 8.5 x 11 paper at 100% scale.



Pro Tip!

Fit can change as your milk supply changes, so be sure to check the fit throughout your lactation journey!

When to Call a Nest IBCLC



Nipple/breast is cracked, bleeding, sore, uncomfortable or very sensitive to touch



Your pump is not getting out as much milk as it once did



Nipples are shaped in a way that is difficult to measure



Breasts feel full after pumping



You can't find the flange size you need and want help finding a way to use your pump



You are not sure how or when to use your pump

Make the most out of your time spent pumping!

Schedule your flange fit appointment with a Nest Collaborative IBCLC by visiting our website www.nestcollaborative.com or by calling (888) 598-1554.

