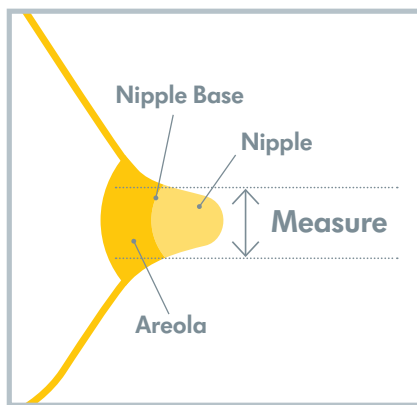


Choosing Your Breast Shield Size

1. Understanding Medela's Breast Shield Sizing

Pumping should not hurt. For maximum comfort and pumping efficiency, Medela offers multiple breast shield options and sizes; PersonalFit™ is available in 21 mm, 24 mm, 27 mm, 30 mm, 36 mm and PersonalFit™ Flex is available in 21 mm, 24 mm, 27 mm, 30 mm. This guide is a starting point to help determine your optimal size based on your nipple diameter.



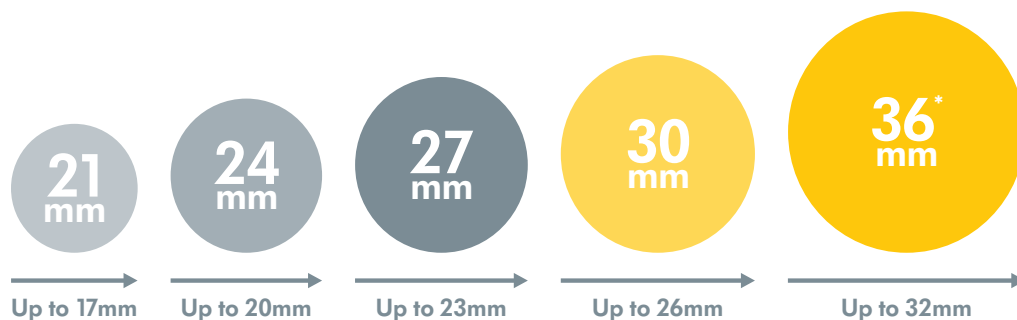
Step 1:

Using a ruler or measuring tape, measure the diameter of your nipple at base (across middle) in millimeters (mm). * 1 cm = 10mm.

Do not include areola.

Step 2:

Based on your measurement, determine your breast shield size.



*36mm is not available in the PersonalFit Flex breast shield

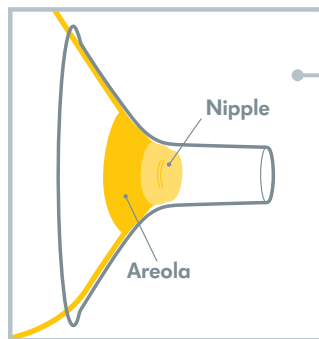
Example: If your nipple size measures 16 mm in diameter, the recommended breast shield size is 21 mm.

Did You Know?

- Pressing breast shield too hard could block milk ducts.
- Your breast shield size will depend on your breast tissue and skin elasticity.
- When you apply vacuum pressure, your nipple size could change.
- Your breast shield size could change over the duration of your pumping experience.
- You may even need a different size per breast.

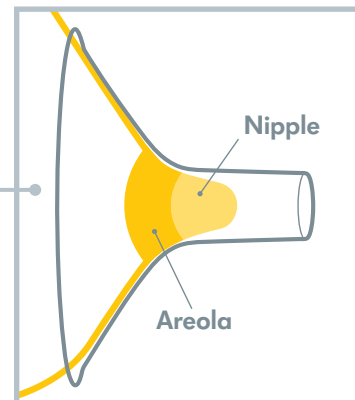
2. Test your breast shield size

1. Start with the breast shield that came with your pump, or the size determined by measuring.
2. Center nipple and gently hold breast shield against your breast.
3. Adjust for Maximum Comfort Vacuum™, to achieve optimum suction level.
4. Refer to images while pumping in expression.



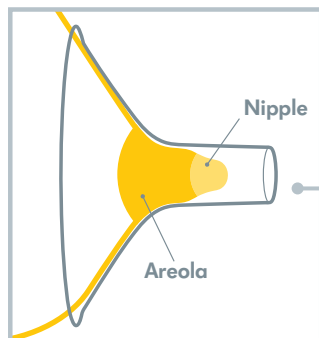
Too Small

- Nipple rubs along side of tunnel
- Try a larger size



Correct Fit

- Nipple is centered and moves freely



Too Large

- Nipple and excessive areola are pulled into the tunnel.
- Try a smaller size

3. Should you try a new size?

- Does your nipple rub sides of tunnel, to the point of causing discomfort?
- Do you see excessive areola being pulled into tunnel?
- Do you see any redness?
- Is your nipple or areola turning white?
- Do you feel unexpressed milk after pumping?

If you answered "YES" to any of these questions, consider trying a new size by following the measuring instructions above. If you are still unsure if you selected the correct size, see a lactation consultant, breastfeeding specialist, or visit MedelaBreastShields.com for assistance in choosing the right size breast shield.