Choosing the right size PersonalFit™ breastshield:

1. Determine the size you’re currently using. If you’re not sure, look for the size embossed on your breastshield.

2. While pumping, compare your fit to the images below as a sizing guideline.

- **Correct fit**
  - Your breastshield is too small; try a larger size
  - Your breastshield is too large; try a smaller size

**Sizes**
- S (21 mm)
- M (24 mm)
- L (27 mm)
- XL (30 mm)
- XXL (36 mm)

(provided with Medela breastpumps)

See a lactation consultant or breastfeeding specialist for assistance in choosing the right size breastshield.