



1. Print out the page on an A4/letter paper at 100% scale.
Make sure that the line across is 92 mm or 3.62 inches for accuracy.
2. Cut through the red line
3. Bend/fold along the green dots.
4. See below for a finished ruler and how to use it.
5. Measure the nipple diameter **AFTER** a breast pumping session.
6. Choose a breastshield with an internal diameter that is 1-2 mm larger than your nipple diameter. If you measure **BEFORE** a pumping session, you can only estimate to get one that is close. Try one that is 3-5 mm larger than your nipple diameter.

Example: If your nipple diameter **AFTER** a pumping session is 18 mm, a 19 mm breastshield is best. If your nipple diameter is 18mm **BEFORE** a pumping session, you can try 21 mm breastshield.

