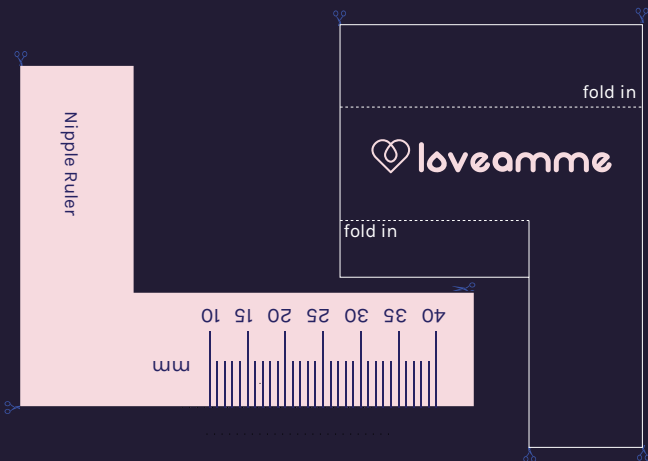


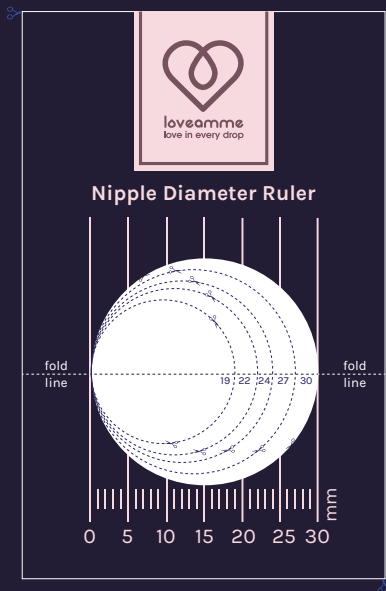
Make your LoveAmme Nipple Ruler

(There are 2 ruler choices available. Read the usage instructions for the rulers, before proceeding to cut out the ruler of your choice.)

A)



B)



Breast Shield Sizing Chart

Breast Shield Size	19mm	22mm	24mm	27mm	30mm
Nipple Diameter (3rd trimester)	≤ 15mm	≤ 18mm	≤ 20mm	≤ 23mm	≤ 26mm
Nipple Diameter (post-partum)	≤ 17mm	≤ 20mm	≤ 22mm	≤ 25mm	≤ 28mm



Scan to download
nipple ruler

How to Choose your LoveAmme® FlexSkin™ Breast Shield Size

STEP 1: Measure the diameter of your nipple as shown in the diagram.

STEP 2:

If you are in your 3rd trimester:

Select a breast shield size 4mm larger than this measurement.

OR

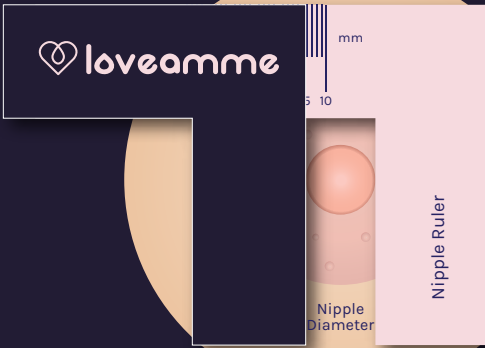
If you are post-partum AND are already using a pump:

Select a breast shield size 2mm larger than this measurement.

PRO TIPS:

1. The above sizing is a guide. Your breast shield sizing can change during your breastfeeding journey, and you might benefit from remeasuring for a more optimum fit.
2. If you are in your 1st or 2nd trimester, your nipple size may still change significantly.
3. 24mm and 27mm are the most commonly used sizes.
4. Check with your retailer on their exchange policy.

A)



B)

