medela

Turning Science into Care

PersonalFit™ PLUS Breast Shields

Improved Fit,[1,2*] Increased Comfort,[2,3*] and More Milk.[2*]

13 & 15 MM NOW AVAILABLE!

IMPROVED FIT: 105° opening angle matches natural contours of a lactating breast, reducing breast tissue compression to support a gentle pumping experience.[1,2*]

INCREASED FLEXIBILITY: Patented oval breast shield can be rotated, supporting positioning flexibility across a range of breast shapes.

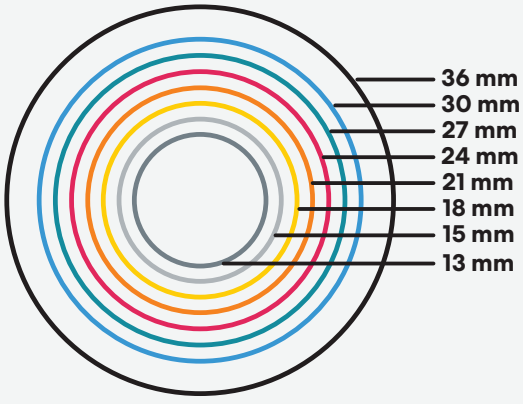
INCREASED COMFORT: Clinically proven to improve comfort during pumping.[2,3*]

MORE MILK: 11% more milk and 4% more PAMR (Percentage of Available Milk Removed) were obtained after 15 minutes when double pumping with an electric breast pump.[2*]

IMPROVE OUTCOMES: Mother's Own Milk (MOM) provides optimal nutrition, lowers infant complication rate and improves short- and long-term health.[4]

REDUCE COSTS: By increasing milk volumes, the PersonalFit™ PLUS helps reduce need for expensive Donor Human Milk (DHM).





Designed for Every Body

PersonalFit PLUS Breast Shields are available in 8 sizes, from 13–36 mm, to help more parents find their best fit.[5]

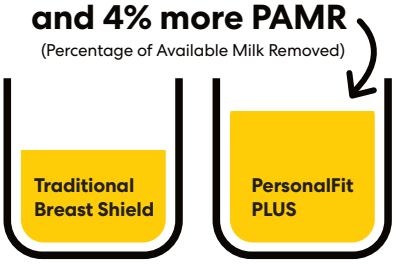
1. Schlienger A et al. Breastfeed Med. 2016; 11(2):A28-A29. 2. Sakalidis VS et al. Acta Obstet Gynecol Scand. 2020; 99(11):1561-1567. 3. Clinical study comparing 105° Vs 90° shield opening angle, data on file (NCT02492139). 4. Parker LA et al. Mother's Own Milk Versus Donor Human Milk: What's the Difference? Crit Care Nurs Clin North Am. 2024; 36(1):119–133. 5. Medela Nipple Database, 2025. *Compared to traditional breast shields with a 90° angle.

PersonalFit™ PLUS Breast Shields

11% More Milk

and 4% more PAMR

(Percentage of Available Milk Removed)



after 15 minutes[1]*



1. Sakalidis VS et al. Acta Obstet Gynecol Scand. 2020; 99(11):1561-1567.
*Compared to traditional breast shields with a 90° angle.

Description	Quantity	Legacy Item #	Item #
PersonalFit™ PLUS Breast Shield 13 mm, Bulk	12	n/a	101048708
PersonalFit™ PLUS Breast Shield 15 mm, Bulk	12	n/a	101048707
PersonalFit™ PLUS Breast Shield 18 mm, Bulk	12	n/a	101046456
PersonalFit™ PLUS Breast Shield 21 mm, Bulk	12	n/a	101040281
PersonalFit™ PLUS Breast Shield 24 mm, Bulk	12	n/a	101040283
PersonalFit™ PLUS Breast Shield 27 mm, Bulk	12	n/a	101040286
PersonalFit™ PLUS Breast Shield 30 mm, Bulk	12	n/a	101040288
PersonalFit™ PLUS Breast Shield 36 mm, Bulk	12	n/a	101040289
PersonalFit™ Connectors - Bulk	12	87076	101028992

Breast Shield Sizing

Room to Move™

Medela's Room to Move™ approach provides a safe, evidence-based starting point for breast shield sizing by accounting for natural nipple expansion during pumping. Rather than relying on measurement alone, it incorporates comfort, nipple movement, and milk flow to support individualized fit selection.

Scan for a 15-minute microlearning on Medela University

