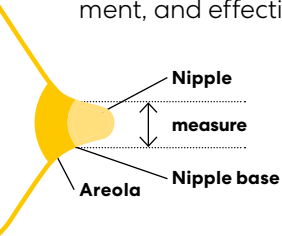


Room to Move: A Step-by-Step Guide to Find Your Breast Shield Size

Pumping should not hurt. Choosing the right breast shield size is everything when it comes to comfortable pumping and optimal milk flow. Medela's evidence-based "Room to Move" approach allows space for any natural expansion of the nipple during pumping, supports comfort and minimizes friction. Ultimately, the best fit is guided by comfort, nipple movement, and effective milk flow during pumping. Availability of sizes may vary between different Medela breast shield ranges.

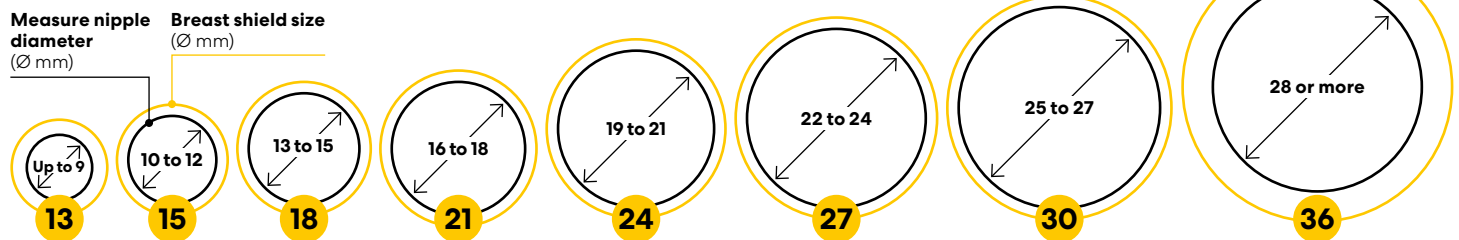


Step 1: Measure

Using a ruler or measuring tape measure the widest diameter of your nipple at base (across middle) in millimeters (mm). **Do not include areola.**

Step 2: Select

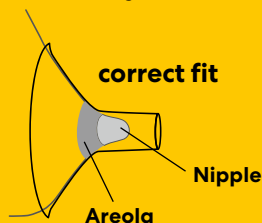
Based on your measurement, determine your starting breast shield size by adding 4 mm. Choose the shield that is closest to that number. This is only a **starting point** and should be **reevaluated** after a few minutes of pumping.



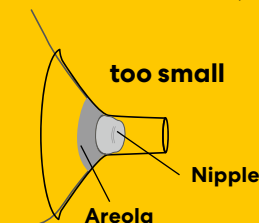
Step 3: Test

Test your starting breast shield size

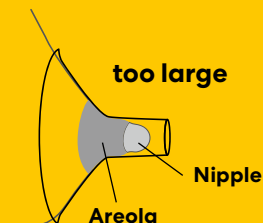
- Center the nipple and gently hold the breast shield against your breast.
- Select your maximum comfort vacuum pressure level (MCV) on the pump.
- Refer to the images below while pumping in the expression phase (after the stimulation phase).



- The nipple is centered, moves freely and pumping is comfortable.
- Milk flows freely after milk let-down (milk ejection).



- The nipple rubs along the side of the tunnel.
- Try a larger size.**



- The nipple and excessive areola are pulled into the tunnel.
- Try a smaller size.**

After pumping, check your breasts and nipples. Good milk removal is indicated by breasts that feel soft and comfortable. Milk volume can vary depending on your stage of lactation and how often baby is breastfed.

Did you know?

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

Reasons to try a new size

- Does your nipple rub the tunnel sides to the point of causing discomfort?
- Do you see excessive areola being pulled into the 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 that you selected the correct size, see a lactation consultant or breastfeeding specialist.



Watch our fitting animation at
www.medela.com/fittingguide