

Printable Nipple Ruler

Ensure a proper flange fit every time.

How To Use The Nipple Ruler

Print this page at 100% view in order to get a true flange fitting. In the hospital environment, the breast pump kits used are typically the Medela brand and they only come with a 24mm or a 27mm flange. In the first few days after birth mothers can have a hard time getting the colostrum out using a pump so often IBCLCs recommend hand expression, but there are times when moms will need to pump because the baby isn't able to effectively latch to the breast. Just like some newborns who cannot latch well to the breast can cause damage, an ill-fitted pump flange can also cause damage to nipples such as cracking and bleeding. Ill-fitted flanges can also cause low supply due to ineffectively removing milk, and it is really quite simple, and important, to find the right flange size.

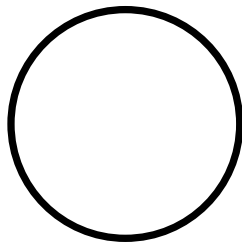
Make Sure To Measure The Nipple Before Pumping To Achieve The Best Fit.

Cut out the circles below and take a pre-pump measurement of your nipple at the base. Hand stimulate to make sure your nipple is fully erect before measuring. Properly fitted flanges will be 1-3 mm larger than your nipple measurement before pumping, generally speaking.

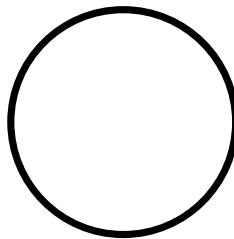
32 mm



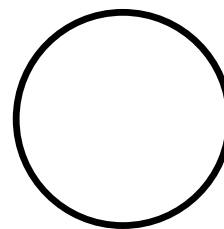
30 mm



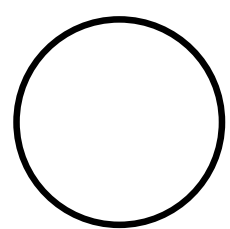
29 mm



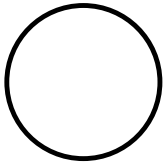
28 mm



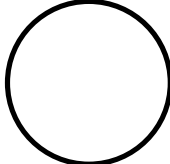
27 mm



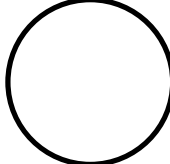
20 mm



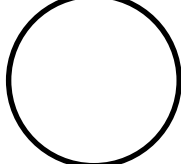
21 mm



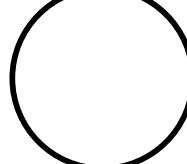
22 mm



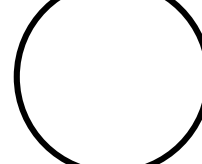
23 mm



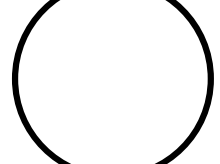
24 mm



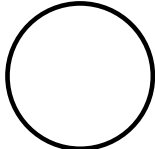
25 mm



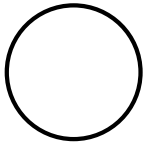
26 mm



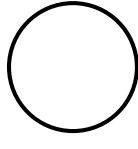
19 mm



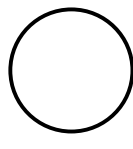
18 mm



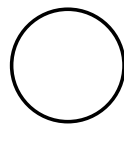
17 mm



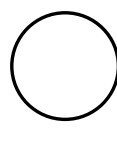
16 mm



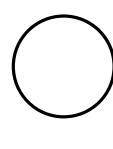
15 mm



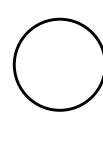
14 mm



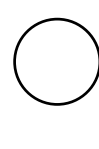
13 mm



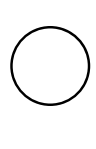
12 mm



11 mm



10 mm



****Breastfeeding and pumping should not hurt. If it does use the QR code and let's schedule an appointment today!**