

innoGLO

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**Nipple Measuring Guides**

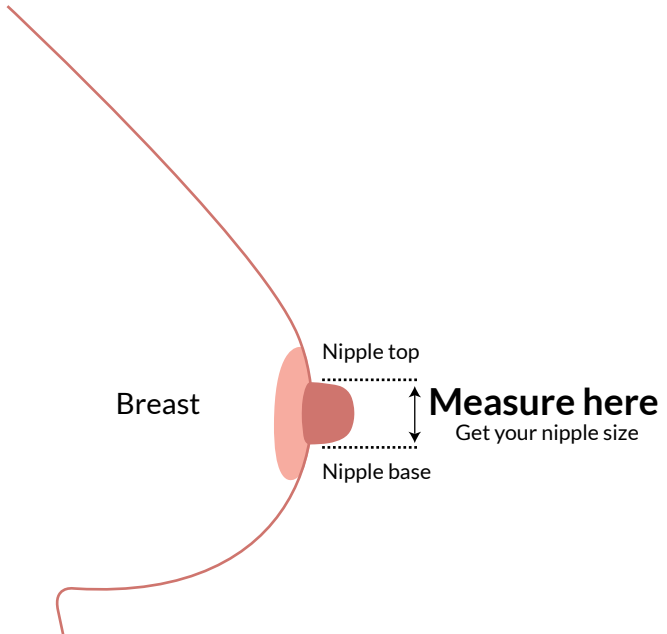


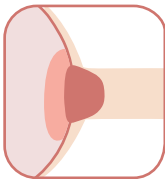
## Why Measure ?

Whether the shield or flange size of your breast pump is right or not greatly affects your breast comfort and milk output.

If you want to ensure the most amount of milk during your pumping and comfort during and after pump-ing, getting the right measuring size of your nipples is very crucial. If you don't know how to do it right, we have two ways for you.

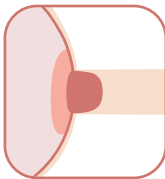
# Part 1: Size Measure Guide





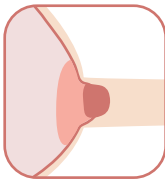
## Too small

Nipple rubbing against the flange



## Correct fit

Nipple snug nicely inside the tunnel of flange



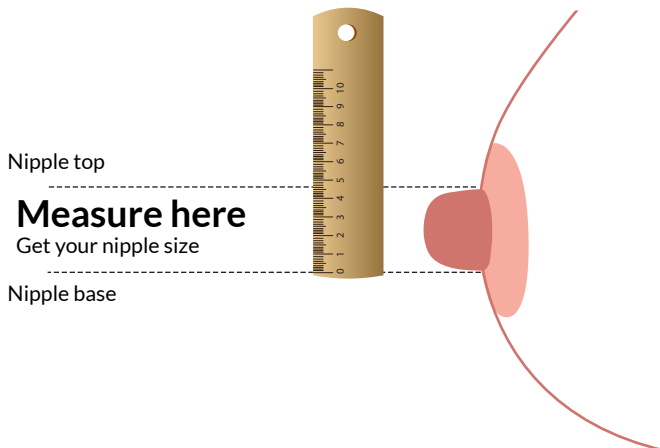
## Too large

Nipple along with areola is being sucked into the flange

# Part 1: Two ways to Measure the Size of Your Nipples

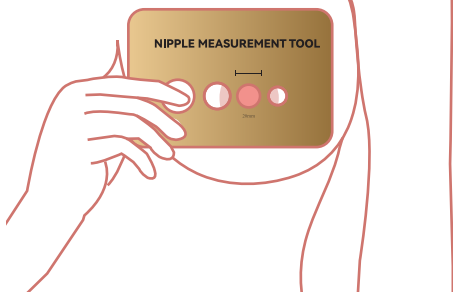
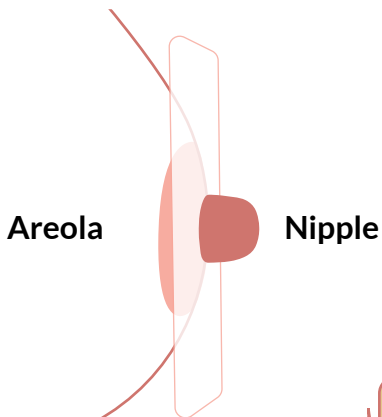
## 1st Method

Use the nipple ruler or normal ruler to measure



## 2nd Method

Use the nipple ruler with holes to measure



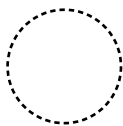
# NIPPLE MEASUREMENT TOOL

Nipple Diameter Measurement	Recommended Flange Size or Flange Insert Size
11-13mm	15mm
13-15mm	15mm (INCLUDED)
16-17mm	19mm (INCLUDED)
18-20mm	21mm (INCLUDED)
21-23mm	24mm (INCLUDED)
24-26mm	27mm
27-29mm	30mm
Please stimulate your nipple to make it perk up before measuring the size	

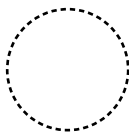
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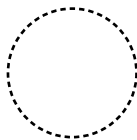




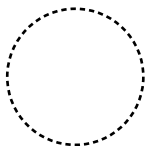
15 mm



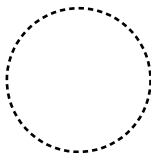
16 mm



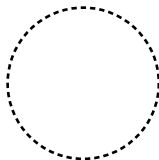
17 mm



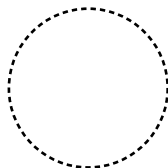
18 mm



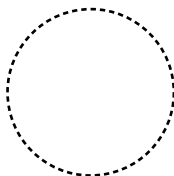
19 mm



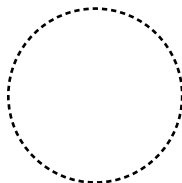
20 mm



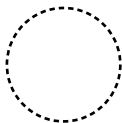
21 mm



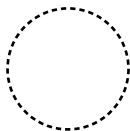
22 mm



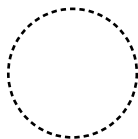
23 mm



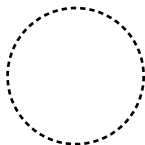
15 mm



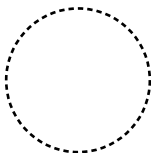
16 mm



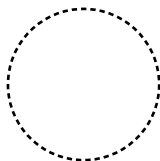
17 mm



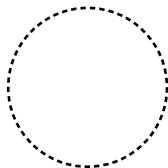
18 mm



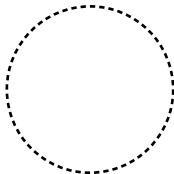
19 mm



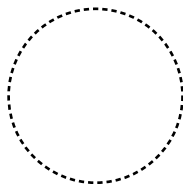
20 mm



21 mm



22 mm



23 mm