



Flow Nipple Shield + Nipple Measurement Instructions

NOTE: For best results, measure when your nipple is stimulated.

1. Measure the diameter of your nipple at its widest point (excluding the areola).
2. Use the guide below to choose your Flow Nipple Shield size.

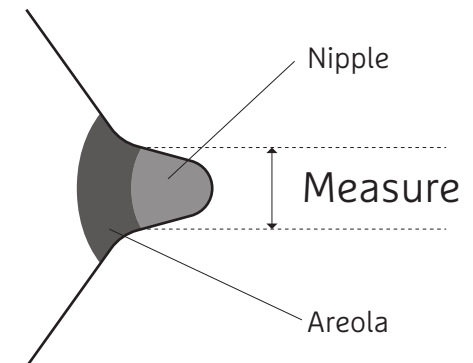


Before Feeding

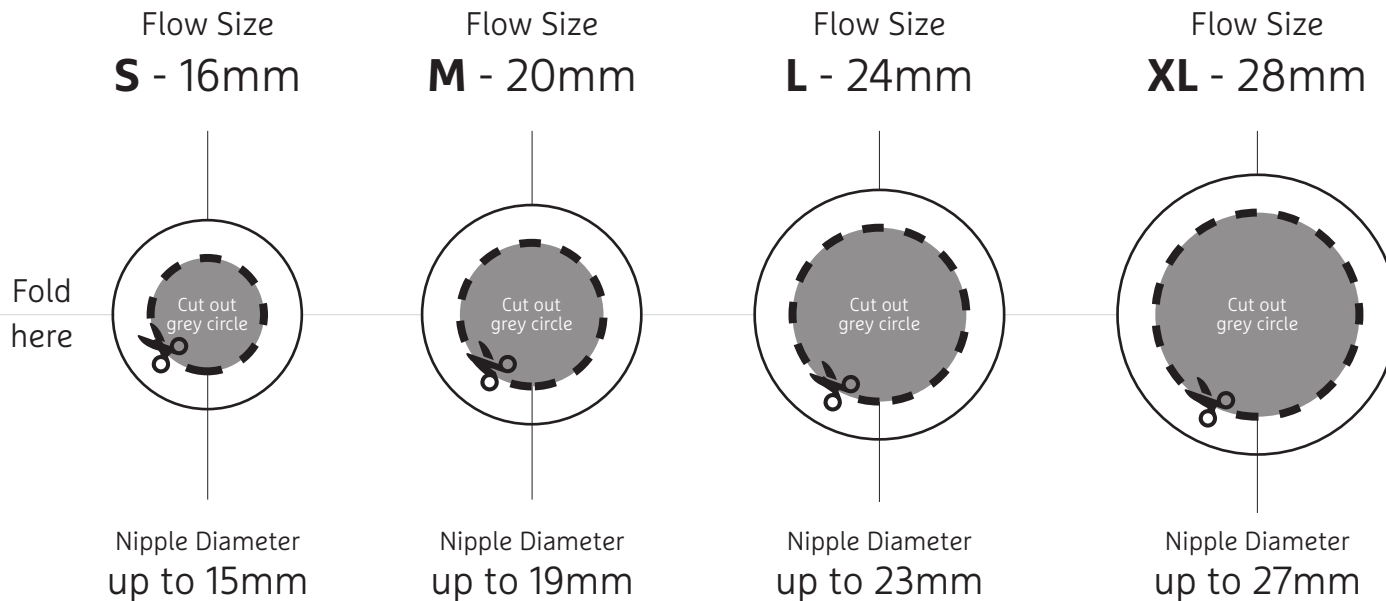


After Feeding

Nipple Diameter Measurement	Recommended Shield Size
Up to 15mm	S - 16mm
16mm – 19mm	M - 20mm
20mm – 23mm	L - 24mm
24mm – 27mm	XL - 28mm



Printable Fitting Guide



IMPORTANT

Always print at 100% or FULL SCALE otherwise sizing will be incorrect.

Sizing Key



Use a ruler or tape measure to verify printing at Sizing Key. For best results, fold at guideline before cutting.

1. Carefully guide the hole all the way down to the base of the nipple.
2. Whichever size comes closest to the base of the nipple without making contact is your recommended size.

NOTE: A nipple shield should not cause squeezing or compression; comfort is essential.

