

Choosing your PersonalFit™ breast shield size

Make sure to use the right breast shield size. It is an essential component of effective pumping, helping to optimise milk flow.

Understanding Medela's PersonalFit™ sizing

Pumping should not hurt. For maximum comfort and pumping efficiency, Medela offers five breast shield sizes. This guide is a starting point to help determine your optimal size based on your nipple diameter.



Step 1

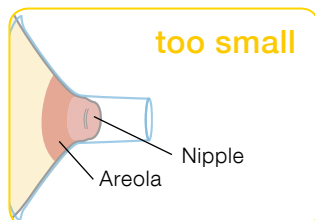
Using a ruler or measuring tape measure the diameter of your nipple at base (across middle) in millimeters (mm). **Do not include areola.**

Step 2

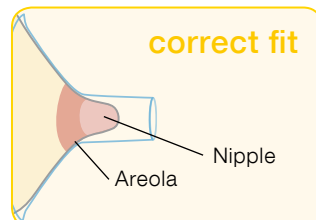
Based on your measurement, determine your PersonalFit breast shield size. Example: If your nipple size measures 16 mm in diameter, the recommended PersonalFit breast shield size is 21 mm.

Test your breast shield size

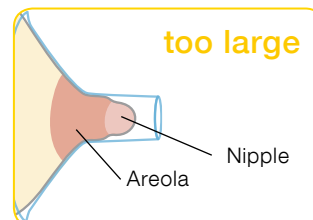
- I Start with the 24 mm that came with your pump, or the size determined by measuring.
- I Center the nipple and gently hold the breast shield against your breast.
- I Adjust for Maximum Comfort Vacuum™ to achieve optimum suction level.
- I Refer to the images below while pumping in the expression phase (after the stimulation phase).



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



- I The nipple is centered and moves freely.



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

Did you know?

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

Reasons to try a new size

- I Does your nipple rub the tunnel sides to the point of causing discomfort?
- I Do you see excessive areola being pulled into the tunnel?
- I Do you see any redness?
- I Is your nipple or areola turning white?
- I 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.