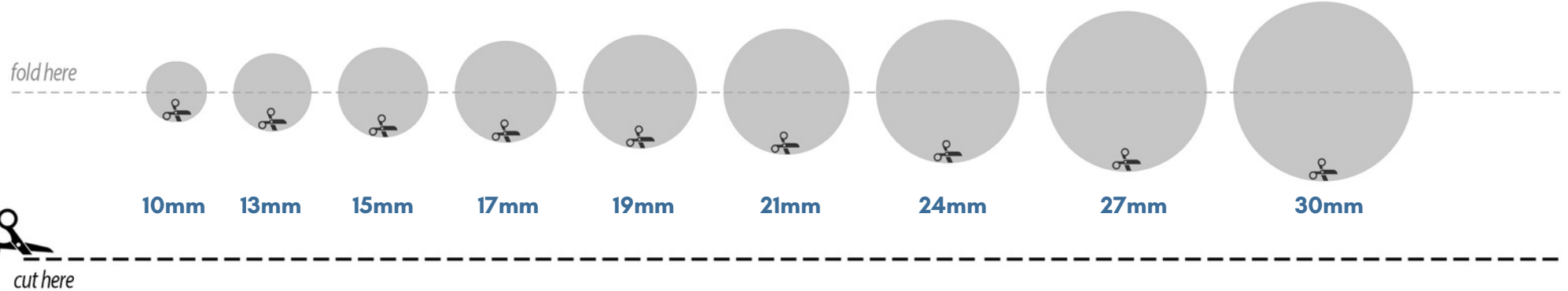


# Nipple Measuring Tool



1. Fold the ruler along the fold line to easily cut the circles.
1. Carefully cut, then unfold the ruler.
3. Open the page back up and then place each hole around your nipple.
4. Select the hole that fits your nipple most snugly, without any areola present.
5. I recommend trying a flange size 0-2mm larger than your nipple size.

**IMPORTANT!** To ensure accurate measurements, make sure to print on LETTER SIZE paper and print to scale: Full Size (100%)



To check printing accuracy, place a US quarter right here to match the size.

**Next steps:** After measuring your nipples, if you want more support determining which flanges to try, or how to optimize pumping, please reach out!

Established clients, just send me a message through the portal.

If you are not a client yet, please reach out for more info about booking a consult!



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