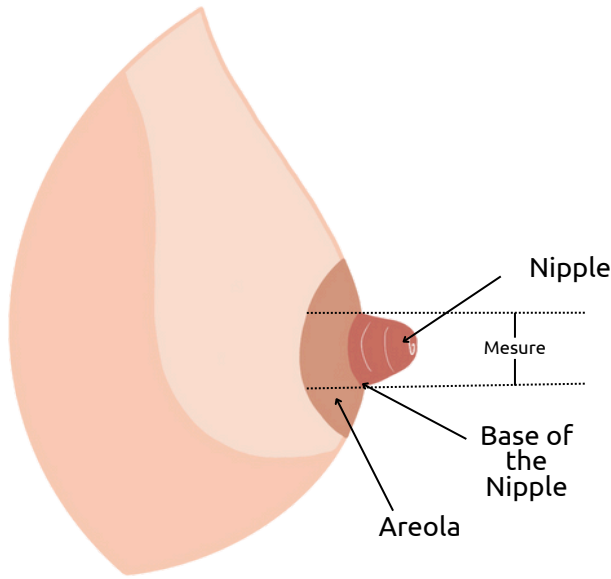
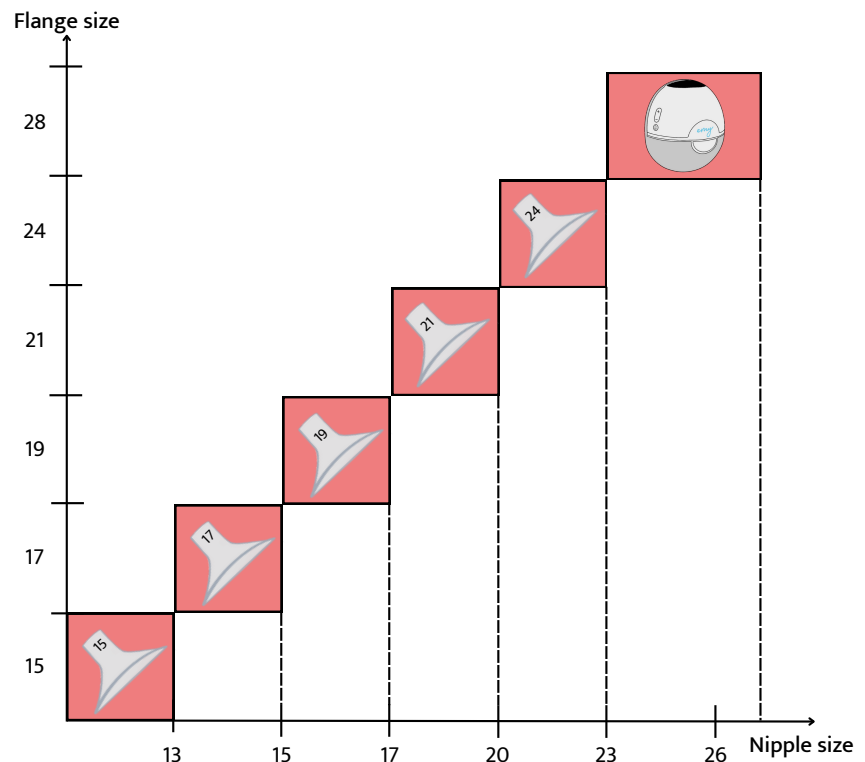


Breast shield sizing guide



For efficient use of the Emy breast pump, it's essential to use the right breast shield to optimize milk flow and expression.

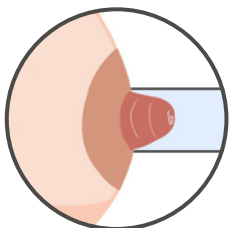
Start with the smallest breast shield and try larger sizes, or choose based on your nipple size. Measure the diameter at the base of your nipple with a ruler just after a feed or at rest (add 2 mm if at rest). Use the chart below to find the right breast shield for your nipple size.



How do I know if my breast shield is the right size?



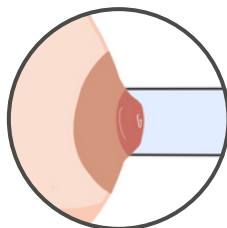
Correct size



Your nipple is centered in the breast shield and moves freely.



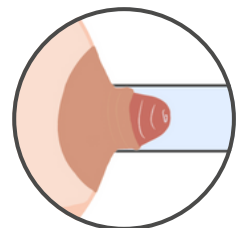
Too small



Your nipple rubs on the side of the nipple tip. Try a larger nipple size.



Too big



Part of your areola is sucked into the nipple and rubs against the rim. Try a smaller nipple size.

The nipple size may be different for each breast and may also change over the course of breastfeeding. Ask your midwife or lactation consultant for advice.