Flange Sizing Guide

Print this sheet at 100% custom scale for accuracy. Cut along the blue dotted lines to measure your nipple diameter.

Where to Measure

Your flange size should be 3-5mm larger than your nipple diameter.

*Be sure to measure BEFORE pumping.

Helpful Hint

If you do not have access to a printer, use a coin to determine your nipple diameter.

If your nipple size is... your flange should measure...
15-17mm 20mm
19-21mm 24mm
23-25mm 28mm
27-29mm 32mm

If you experience pain or discomfort, please contact us - ibclc@spectrababyusa.com

spectrababyusa.com | 855.446.6622
@spectrababyusa

BREASTFEEDING SUPPORT AVAILABLE
Se habla español