

14mm 16mm 18mm 20mm 22mm 24mm 26mm 28mm 30mm

32mm

34mm

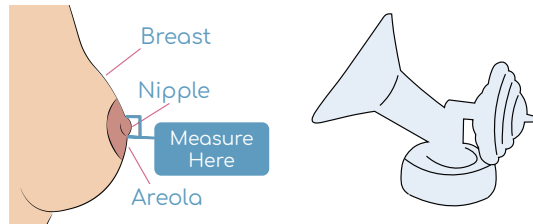
36mm

# speCtra 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

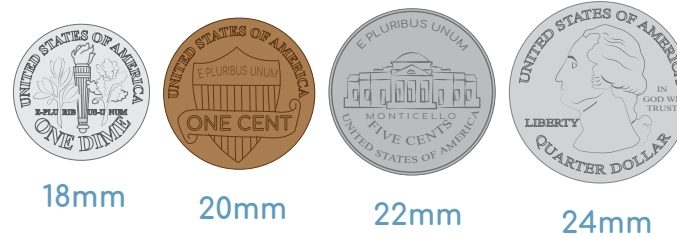
Your flange size should be 3-5mm larger than your nipple diameter.



\*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](mailto:ibclc@spectrababyusa.com)



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