

## FINDING A GOOD FLANGE FIT

Every mother needs a good flange fit for greater comfort and better milk flow. The flange is the piece held to your breast during pumping. What determines a flange's size—and your fit—is the width of its opening. With a good fit, you should see space around your nipple during pumping as it moves freely in the flange's tunnel. With a tight fit, your nipple may rub along the tunnel's sides or move very little.



### GOOD FIT -

Space Seen Around Nipple



### TIGHT FIT -

Nipple Rubbing Along Tunnel



Research has found that nearly one third of mothers who pump report greater comfort and more milk with a larger-than-standard flange size (Wilson-Clay and Hoover 2005; Jones 2001).

To get an idea of your flange size, compare your nipple to a US nickel. If your nipple is wider than the nickel, you will likely need a larger-than-standard size breast flange. But because the breast changes as you pump, measuring tools alone are not the most reliable gauge. The best way to find a good fit is to try different flange sizes until you find the one that feels best and gives you the most milk.










### Consider a larger size if:

- Your nipple rubs along the tunnel or does not move freely
- You feel discomfort, even on low suction
- Your milk flows slowly or you pump less milk than expected

### Consider a smaller size if:

- Much more than your nipple is drawn into the tunnel
- You cannot get a good air seal while pumping

But once you find a good flange fit, it isn't the end of the story. Flange fit can change with birth, breastfeeding and pumping. The pump flange that fits you well when you started pumping may need to change as you pump more. For this reason, it makes sense from time to time to recheck your flange fit.

	Flexishield Areola Stimulator	21 mm
	Reducing Insert	22.5 mm
	Standard Breast Flange	25 mm
	Medium Insert	28.5 mm
	Large Breast Flange	30.5 mm
	X-Large Insert	32.5 mm
	XX-Large Breast Flange	36 mm