



## Printable Nipple Sizing Tool

### Printing instructions

1. Print out this sizing guide at 100% on 8.5 x 11 inch paper.
2. Fold circles in half along dotted line and carefully cut out each circle.

### How to find your perfect size:

1. Pick a time before pumping/breastfeeding or at least one hour after.
2. Use our Nipple Measurement Chart by sliding each circle over your nipple. Select the circle that can slide all the way to the base without touching any part of the nipple. This is your nipple size.
3. Do the same for your other nipple. No two breasts are the same!
4. Use our Flange and Insert Sizing Chart to find your flange and insert size.
5. For the latest guidelines and to shop all sizing products, reference the QR code.



### FLANGE AND INSERT SIZING CHART

Nipple Size	Willow Recommended Flange and Insert Size
9-11 mm	13 mm insert in 24 mm flange
12-13 mm	15 mm insert in 24 mm flange
14-15 mm	17 mm insert in 24 mm flange
16-17 mm	19 mm insert in 24 mm flange
18-20 mm	21 mm insert in 24 mm flange or 21 mm flange alone
21-23 mm	24 mm flange
24-26 mm	27 mm flange

### NIPPLE MEASUREMENT CHART

