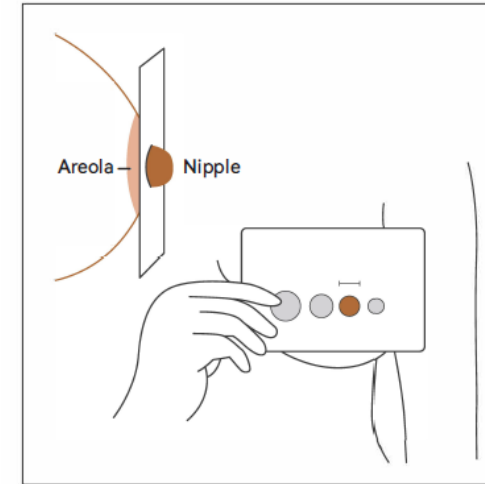


Flange Sizing Guide

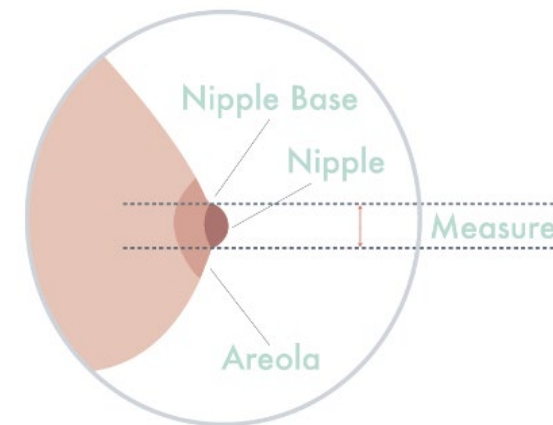
First Method – Nipple Ruler

1. Stimulate your nipple to perk up.
2. Place your nipple into each hole until you find the one that you can comfortably fit your nipples into. Your nipple should be through the hole completely and the ruler should touch the areola at the same time.
3. Find the best size for you, then add 2-3 mm for the correct flange size. If your nipple is measuring at 25 mm, you should choose the 28 mm flange size.



Second Method – Measuring Tape

4. Use a measuring tape to find the diameter of your nipple in millimeters. Measure the nipple alone, do not include the areola, which is the outer edge around your nipple. Add 2-3 mm to this measurement for your correct flange size.



Correct Flange Size

Why Does Flange Size Matter?

- Not having the correct flange size could impact your milk flow and make pumping uncomfortable. By finding the correct size, you can comfortably maximize milk production.

How Can I Tell if my Flange Size is Wrong?

If your flange size is incorrect, you may experience:

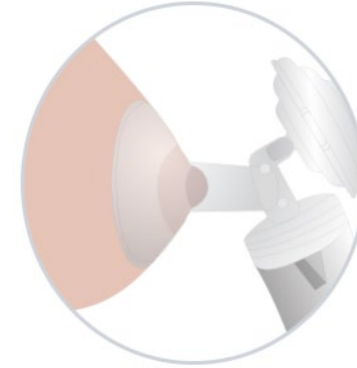
- Pain with breast pumping.
- Lower breast milk production.
- A pinching, pulling or squeezing sensation at the nipple.

How Can Hygeia Help?

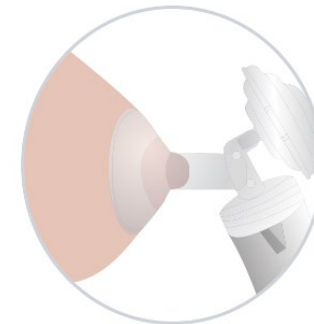
Hygeia offers 13 different sizes to meet your needs and can be ordered through the following methods:

- Call our customer service team at (714) 515-7571
- Order online at www.HygeiaHealth.com
- Order from our Hygeia Baby mobile app

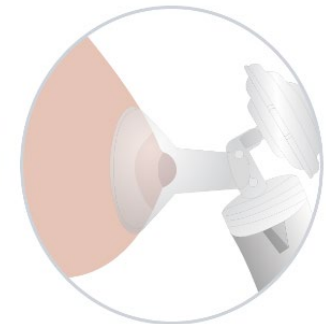
Correct Fit



Too Small



Too Large



Hygeia Flange Sizes (mm)

10	13	15	17	19	20	21	24	27	28	30	31	32
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