

## The Medela Breast Pump

For more than 50 years Medela has been striving to enhance mother and baby health through the life-giving benefits of breast milk. When your baby cannot be fed at the breast, a pump can be used to express your milk. A correctly sized breast shield is essential for successful pumping.

### Choosing Your Personal Fit Breast Shield Size

Breast and nipples have different shapes and sizes. Medela offers 5 sizes of Personal Fit breast shields to suit various nipple diameters.

- 21 mm
- 24 mm
- 27 mm
- 30 mm
- 36 mm

### Test Your Breast Shield

Start pumping with the 24mm breast shield that comes with your pump. After a few minutes of pumping, assess your fit. Your nipple should move freely. If so, the breast shield fits correctly.

### Different Reasons to Try a New Size

- Do you feel discomfort when pumping?
- Does your nipple rub along the sides of the tunnel?
- Do you see excessive areola pulled into the tunnel?
- Do you see any redness and/or whiteness?
- Do you feel unexpressed milk after pumping?
- Does your nipple rub along the sides of the tunnel?

### Determine Your Optimal Shield Size

Start by measuring the diameter of your nipple at the nipple base. The size you need will be a little larger than your measurement. For example:

- Up to 17 mm, tunnel size would be 21 mm
- Up to 20 mm, tunnel size would be 24 mm
- Up to 23 mm, tunnel size would be 27 mm
- Up to 26 mm, tunnel size would be 30 mm
- Up to 32 mm, tunnel size would be 36 mm

### Using Your Correct Size

Your nipple moves freely in the tunnel. It is an essential component of effective pumping, helping to optimize milk flow. You may need a different breast shield size for each breast. Your breast shield size could change over the duration of your pumping experience. If you are still unsure that you selected the correct size, see a breastfeeding specialist.

This animation does not replace the regular instructions for use. For more information, please refer to the product instruction for use.