

11mm

13mm

15mm

17mm

19mm

21mm

22.5mm

25mm

27mm

28.5mm

30.5mm

32.5mm

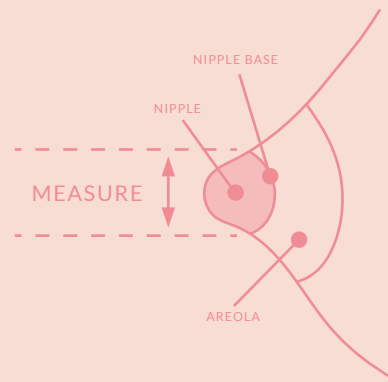
36mm

Ameda Flange Sizing Guide

Print this sheet at 100% scale for accuracy. Cut along the dotted lines to measure your nipple diameter. Be sure to measure BEFORE pumping.

Step 1: Measure Your Nipple

Use the ruler on the tool to measure your nipple in millimeters as shown below. Do not measure the areola.



Step 2: Find the Closest Hole

Gently place your nipple into the holes, starting with the smallest one that fits without squeezing.

Step 3: Choose the Right Flange Size

Pick a flange that is 2-3mm larger than your nipple measurement.

If you're between sizes, start with the larger flange for comfort.

For additional support, contact Ameda Parent Care at ParentCare@Ameda.com or 1.866.992.6332.

If you do not have a printer, you may be able to use this coin guide to determine your nipple diameter.

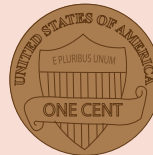


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18mm



20mm



22mm



24mm