

# Nipple Sizing Tool

To use this tool print this page at 100% scale and align with the below line.  
Don't have a printer? Use our ruler method on page two.



This line should match with the short edge of a credit card

## Please note

Do not measure yourself directly after pumping or breastfeeding. Doing this could give you inaccurate measurements.

## Before you start

Check the tool has printed properly by lining up the short edge of a credit card with the line on the right of this page. If they match the tool has printed properly.

## Getting the tool ready

Fold the paper along the fold lines.  
Carefully cut out the circles.

## How to use the tool

1. Perk up one of your nipples.
2. Starting with the biggest hole, put your nipple through each hole in turn.
3. Slide the tool all the way down to the base of your nipple.
4. If there is space between the edge of the hole and the base of your nipple the hole is too big. If the edge of the hole touches the base of your nipple the hole is too small.

Your recommended fit is the hole where the edge is closest to the base of the nipple, but not touching it.

