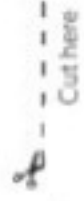


1. Fold the ruler double along the line so you can easily cut out the circles.
2. Carefully cut out the circles along the lines. This is important for accurate measurements!
3. Unfold the ruler. At the end of your pumping session, use the holes to select a size that fits most snugly around your nipple.



IF YOUR SHIELD IS TOO BIG:

- excess areola is pulled into the flange
- pulling pain or tugging sensation
- shield falls while pumping

IF YOUR SHIELD IS TOO SMALL:

- painful rubbing of nipple
- nipple redness, irritation or swelling

