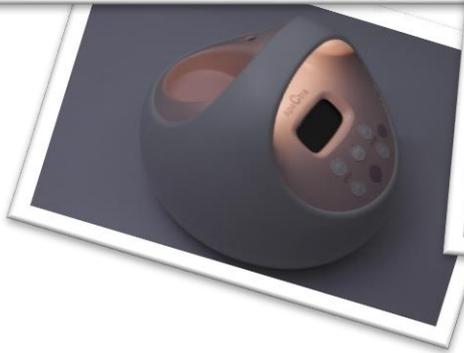


Breastshield Sizing



measuring & fitting guide

speCtra[®]

Breastshield Sizing

Did you know that breastshields come in different sizes? Spectra breast pumps ship with size 24mm because that is the most common size; however, that doesn't mean that everyone will fit that size. A properly sized breastshield is important to ensure the best performance of your pump. An improperly fitted breastshield can hinder milk output, cause discomfort, and in extreme cases cause injury. Spectra offers a few different sized breastshields ranging in size from 20mm to 32mm; however, there are breastshields on the market ranging in size from 15mm to 36mm! Follow this simple guide to determine your breastshield size.

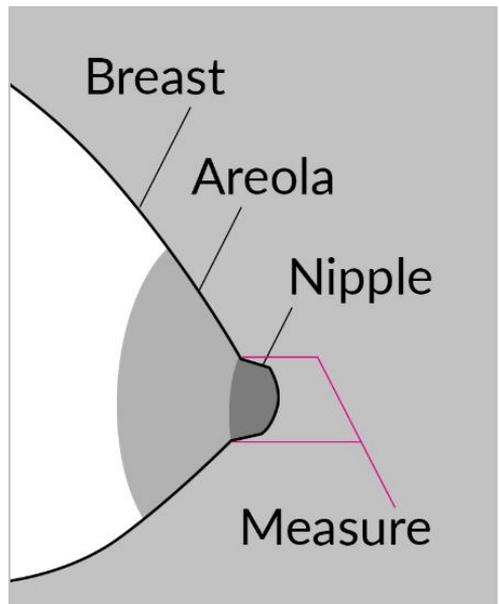
Measuring Your Nipple

To determine the shield size you need, pump for 5 minutes using the provided shield(s). Your nipple(s) will expand while milk is being expressed so it's important to measure after it has swollen to ensure the size you select will provide adequate room. After you pump, using a standard ruler, measure the diameter of the nipple(s) at the base as illustrated in the image to the right. Hold the ruler gently against the areola directly next to the nipple.

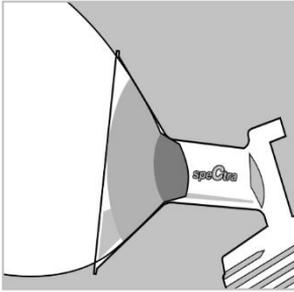
Select a shield size that is 2-3mm larger than this measurement.

Tip: Try measuring in front of a mirror to get a better viewing angle of the ruler!

See the following page for a fitting examples.

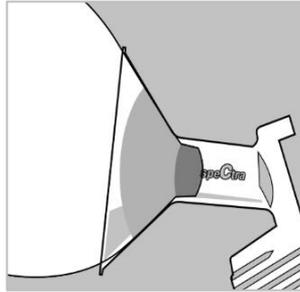


Shield is Too Small



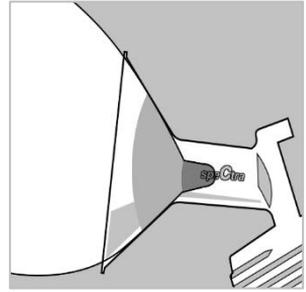
Nipple is not moving freely within the flange: there should be 2-3mm of space.

Ideal Fit



2-3mm of space around nipple; a small amount of areola may enter the flange.

Shield is Too Large



Excess areola is drawn into the flange, there is excess space around the nipple, and the nipple is being pulled toward the end of flange.

Note: The images presented in this section are a guide, not a rule, therefore fitting may appear differently for all women.

Signs Your Breastshield Is Too Small

- Painful rubbing of nipple in flange.
- Nipple not moving freely inside of flange.
- Redness of the nipple.
- Whiteness of the nipple and/or a white ring around the base of the nipple.
- Little milk is being expressed.
- General discomfort while pumping.

Signs Your Breastshield is Too Large

- Excess areola is drawn into the flange (a small amount of areola may enter the flange for some women; however, it should never be uncomfortable or painful).
- Sensation of pulling and/or pulling pain.
- Nipple is pulled to the end of the flange.
- Shield falls from the breast while pumping.

- Little milk is being expressed.
- General discomfort while pumping.

For Your Information

Although the above instructions provide a good indication of the size of breastshield you will need, there are few things to consider:

- Every woman's body responds differently to pumping. It is possible your measurements before pumping might change during pumping, therefore we suggest taking measurements of the swollen nipple 5 minutes after pumping.
- Your measurements might be different throughout the day. For example, you might be fuller in the morning after going a few hours without pumping and/or feeding at night, warranting a larger size. You might also be smaller in the evening after consistent pumping or feeding throughout the day.
- You might be larger at the beginning of a pumping session, and smaller after some milk has been expressed.
- Your measurements might change after your milk supply is well-established (about 10 weeks postpartum).
- One breast may perform better with a different sized breastshield than the other.

Need assistance?

If you are experiencing friction, pain, or discomfort while pumping, contact us for help. Additional breastshield sizes are available on our website, and if you need a size that we don't carry, our team can direct you to where to purchase a compatible shield from another seller. If you need assistance selecting a shield size, please do not hesitate to contact our expert customer support team!

Spectra Baby Australia

www.spectra-baby.com.au

Instructional Videos

Spectra Baby Australia has produced a series of videos to assist with using your Spectra breast pump. Topics include assembly, cleaning & sterilising, warranty information and more. You can subscribe to our YouTube Channel and browse our range of videos here:

→ <https://www.youtube.com/spectrababyaustraliainfo>



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