



GETTING A GOOD FLANGE FIT

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Some mothers do well with a standard breast flange. But some need a larger size. How do you know if you're one of them?

The part of the flange that affects fit is the width of the opening. This is called the nipple tunnel. As you pump, your nipple is pulled into the nipple tunnel.

One way to know you need a larger flange is if pumping hurts, even on low suction. But there are other ways to tell. You can, for example, measure your nipple. If your nipple at rest is as wide as a NZ \$1 dollar (22 mm) or larger, you likely need a larger size. But even if your nipple is smaller than a NZ \$1, you might still need a different flange size because the breast changes as you pump.

The best way to gauge size is while pumping. Look at the photos included in this article.

You know you have a good flange fit when you can see space around your nipple. Photo A shows a good fit. You can see room around the nipple as it is pulled into the nipple tunnel.

But take a look at the Photo B. If your nipple always rubs along the flange sides, as shown in Photo B, it is too tight. A tight fit squeezes the milk ducts and slows milk flow. Rubbing may cause pain, and friction can even break the skin.

If your kit contains larger flanges, replace your standard flange with a larger flange. Try the flanges until you find a size that feels best and pumps the most milk.

Ameda offers five flange sizes. Try them to see which one is right for you. Again, the one that feels best and pumps most milk is the right size to use.



*Photo A
A Good Fit*



*Photo B
A Tight Fit*

Flange Options	Nipple Tunnel Diameter
Custom Breast Flange w/Insert removed	30.5mm
Custom Breast Flange w/Insert in place	28.5mm
Standard Breast Flange	25.0mm
Standard Breast Flange w/ Reducing Insert (Go to www.ameda.co.nz , Products – Breastfeeding Accessories)	23.0mm
Standard Breast Flange w/ Flexishield™ Areola Stimulator (Go to www.ameda.co.nz , Products – Breastfeeding Accessories)	21.0mm

*This is general information and does not replace the advice of your physician or healthcare provider.
 If you have a problem you cannot solve quickly, seek help right away.
 Every baby is different, and your baby may not be average.
 If in doubt, contact your physician or other healthcare provider.*