DOES YOUR PUMP FLANGE FIT?

Your flange fits when
- your nipple moves smoothly and freely into the flange tunnel and does not rub against the sides.

Your flange is too small if
- the nipple is rubbing against the sides of the tunnel
- the outside of the nipple is tender or sore

Your flange is too big
- the nipple is not pulled down into the breast shield tube when pumping
- if too much areola is being pulled into the breast shield
- if your nipple is swelling a lot with pumping

It is important that your pump flange fits properly
- to prevent nipple soreness
- to properly empty the breast when pumping

Contact your lactation nurse if your flange is not a good fit.