Printable nipple ruler

Print at 100% ("Actual size", not "Fit to page"), check the scale with a credit card, then measure the base of your nipple, not the areola, before pumping.

1. Check the scale

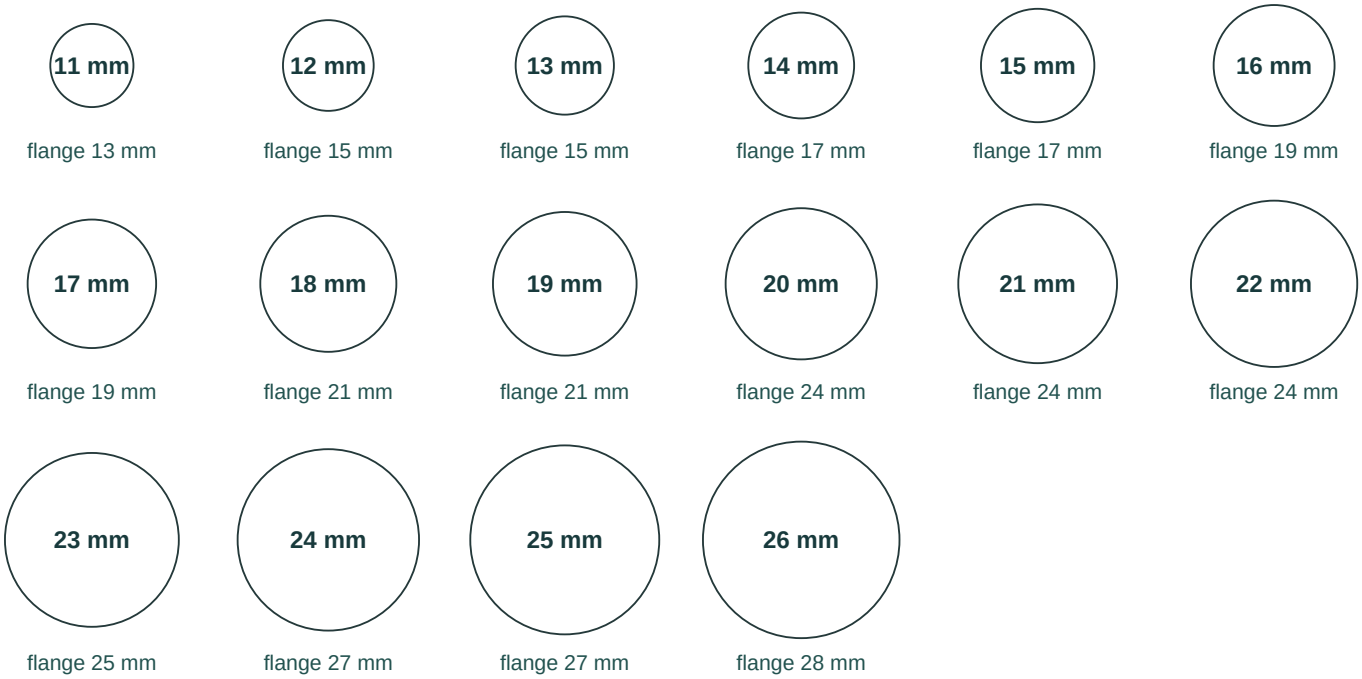
A credit or debit card should fit this box exactly. If it does not, print again at 100%.

2. Straight ruler (mm)

Hold the 0 at one edge of your nipple base and read the other edge.

3. Circle gauge: find the circle that matches your nipple base

Cut the circles out, or hold the page next to your nipple and compare. Measure both sides.



- The flange size under each circle is a starting point: nipple diameter + 2 to 4 mm, the smallest common size in that range (the same rule as our flange size calculator). It is a rule of thumb, not an evidence-based formula.
- A good fit is comfortable: your nipple moves freely in the tunnel and little areola is pulled in. If pumping hurts, try the next size or ask an IBCLC.

Source for the 2-4 mm rule: Cleveland Clinic, How To Choose the Right Breast Pump Flange Size. General information, not medical advice.

More at breastfeeding-mom.com/tools/flange-size-calculator/