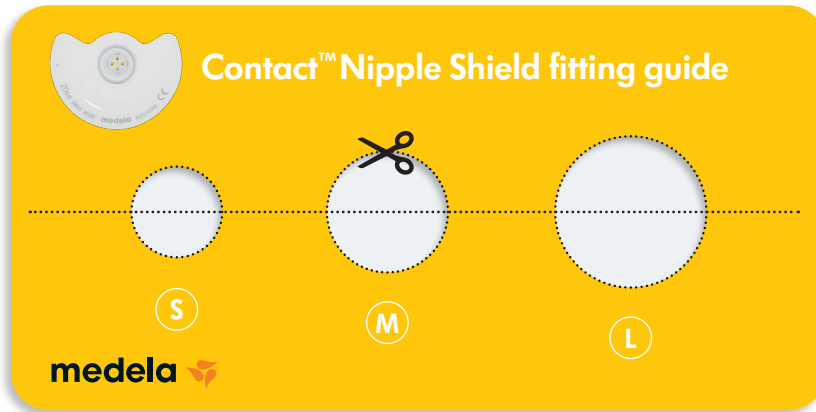
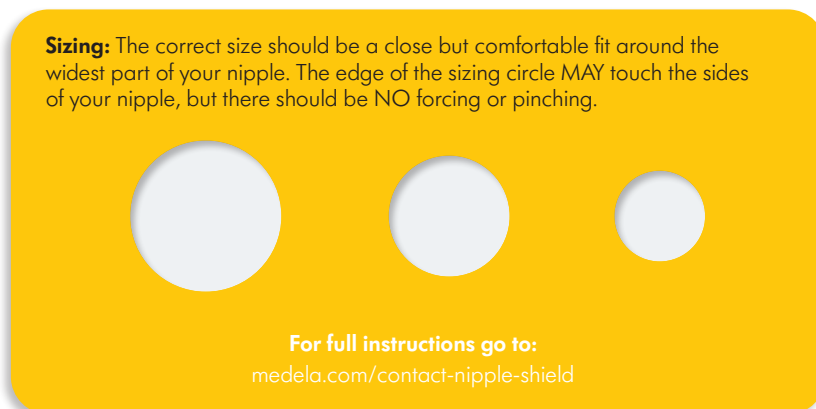
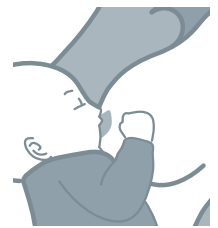


Front:



Back:





# Your Contact™ Nipple Shield fitting guide

If you need a Contact™ Nipple Shield it is important to use the right size. Medela offers three sizes, using the correct size helps your baby to latch on, supports milk flow during breastfeeding, and is more comfortable for you.

If you are still unsure that you have selected the correct size please see a breastfeeding specialist.

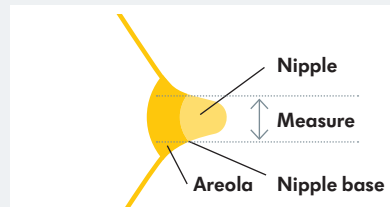
## Step 1

### Choosing your correct Contact™ Nipple Shield size

#### Option 1: Measuring your nipple with a ruler:

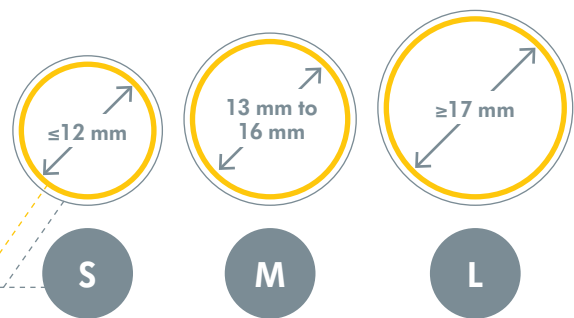
Measure the diameter of your nipple (not your areola) using the picture guide below.

- If your nipple diameter measures smaller than, or equal to 12 mm choose an **(S)**
- If your nipple diameter measures between 13 mm and 16 mm choose an **(M)**
- If your nipple diameter measures larger than, or equal to 17 mm choose an **(L)**



Nipple diameter

Contact™ Nipple Shield size

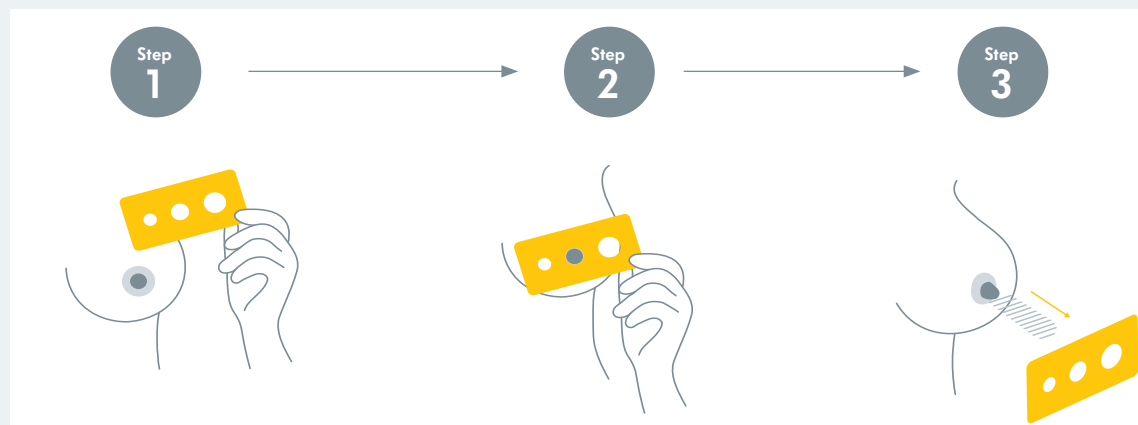


Example: If your nipple size measures 15 mm in diameter, the recommended nipple shield will be an **(M)**

#### Option 2: Sizing your nipple with the fitting guide

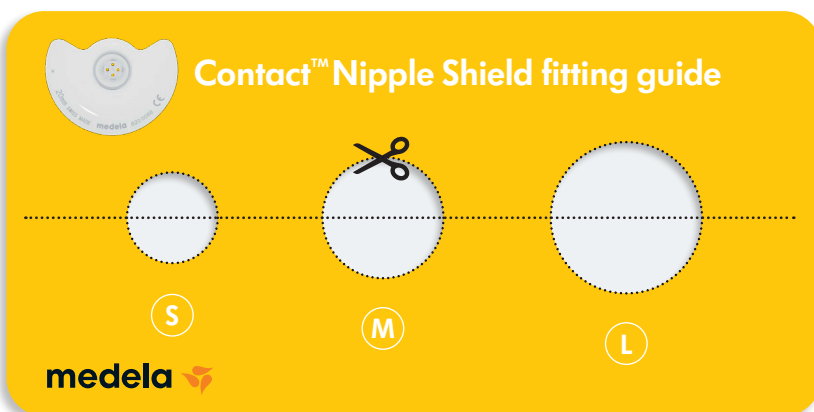
Follow steps 1- 3 on how to use the fitting guide.

The detachable/printable fitting guide is available at the bottom of page.



**The correct size should be a close but comfortable fit around your nipple.**

- If the circle feels too small = try a larger size
- If the circle is much bigger than your nipple = try a smaller size



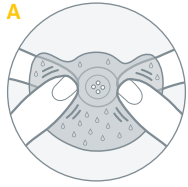
### The fitting guide

#### Printing and cutting out the fitting guide:

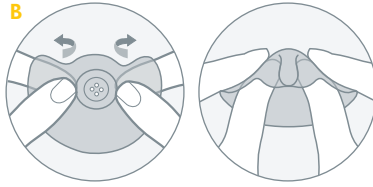
**IMPORTANT:** Always print at **100%** or **FULL SCALE** otherwise sizing will be incorrect.  
Fold along the line  
Carefully cut out the dotted line circles

## Step 2

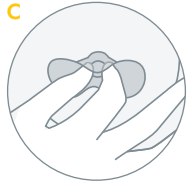
### Apply your Contact™ Nipple Shield correctly:



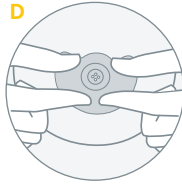
Wash hands, then moisten the nipple shield with drinking-quality water



Using your thumbs, push the tip of the shield halfway in



Place the shield centrally over the nipple so the cut-out will face your baby's nose during feeding



Push down on the wings until the shield pops out again and a seal is formed



## Step 3

### Test your nipple shield while you are breastfeeding

The shield feels too small for your nipple  
> **try a larger size**

The nipple and your baby are comfortable during feeding  
> **you are using the right size**

The shield feels too large for your nipple  
> **try a smaller size**



### Did you know?

Sore nipples can have various causes, so it's important to understand the root cause before taking action. Your breastfeeding specialist can help ensure your baby is latching well and feeding effectively. In general, nipple shields are a short-term solution - as you and your baby get used to breastfeeding, you may well be able to stop using them.

If you have a premature baby and need to use a nipple shield, check with your breastfeeding specialist to help choose the right size for you and your baby.

For full instructions go to: [medela.com/contact-nipple-shield](https://medela.com/contact-nipple-shield)

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