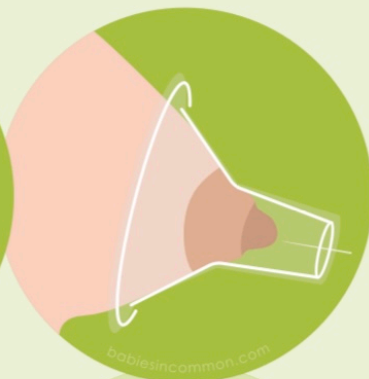


THE FLANGE FITS™ GUIDE

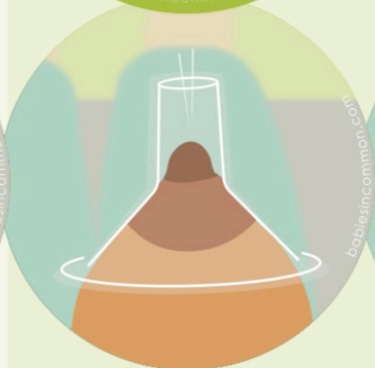
for optimal comfort, efficiency and milk yield
a results-based fitting method

Feel — Intensity — Tempo — Supply

SIDE VIEW



PARENT'S VIEW



Best Fit

- only nipple pulled into tunnel
- sides of nipple touch walls of tunnel
- nipple moves a little bit back and forth in tunnel
- milk sprays during pumping
- best to pump 15-20 minutes (both sides at same time)
- feels like nothing or a gentle tug

Too Large

- might hurt
- might get less milk or more drips than sprays
- nipple might move side to side in tunnel
- pumping might take a long time
- more chance for nipple swelling and damage
- areola goes into tunnel and can swell
- outdated recommendations will indicate this as best fit; newer clinical evidence finds this too large

Much Too Large

 babies in common

babiesincommon.com

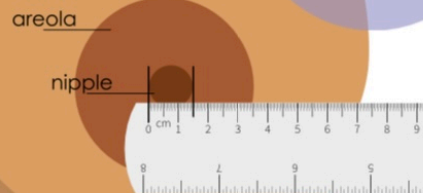
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Finally, the flange FITS™!

How to pump to get the most milk out in the shortest amount of time with the most comfort.

- F Feel** of the flange (size, shape, material)
- I Intensity** of the pump (vacuum pressure/pull)
- T Tempo** of the pump (cycle speed, rhythm, vibration)
- S Supply** of milk (drips, dribbles; strong sprays are ideal)

Measure nipple before pumping to estimate flange size.



1cm = 10mm. Flange sizes are in mm.

Pumping should be comfortable: it should feel like nothing or a gentle tug.