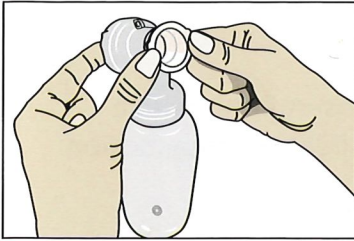


## How to use the X-Small and Small Silicone

1. Push the collar firmly into the 24mm flange or connector. Don't be afraid to push really hard.

Make sure all of the pieces are clean and free of any oil or lubricant.



2.



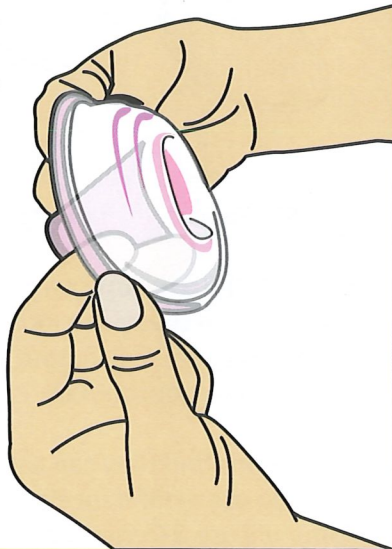
After the collar  
blue silicone flange  
oil or lubricant

3.

Fold back the funnel to expose the tunnel (similar to using a Haaka or nipple shield).

Insert your nipple into the tunnel, then gently allow the flange to fold back over the breast, removing as much air gap as possible.

It may help to have the pump on the lowest setting while doing this.



4. Pumpin'pal  
without a  
any pinch  
amount of

Scan the  
phone to  
videos on  
[https://p](https://pumpinpal.com)

If you have  
Pumpin'pal  
in general

Happy Pu