

Correct Fit of a Breast Shield

The breast shield is the part of the pump kit that fits over the nipple, the areola and part of the breast. It comes in a range of sizes because not all women have the same size and shape of nipples and breasts.

- **Medela shields** are available in five sizes: 21, 24, 27, 30 and 36 mm.
- **Spectra shields** are available in four sizes: 20, 24, 28 and 32 mm.
- **BabyBuddha shields** are available in three sizes: 24, 28 and 32 mm.
- **Elvie shields** are available in three sizes: 21, 24 and 28 mm.

The Medela Pump In Style and the Symphony pump kit both come with 24 mm shields. The Spectra, BabyBuddha and Elvie pumps come with 24 and 28 mm shields.

What is a “correct” fit?

A breast shield fits if it is comfortable and removes milk well. Your nipple should easily move in and out of the tunnel (the narrow portion of the shield) with no pain.

When is a shield too small?

If your nipple rubs on the side of the tunnel and it hurts while you pump, or if you feel your pump is not removing milk well from your breasts, you may want to try the next **larger** size.

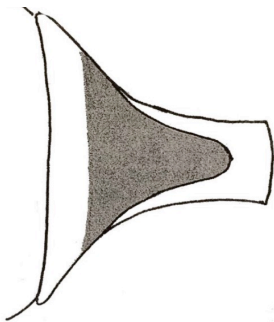
When is a shield too big?

If you notice that your areola is being pulled into the tunnel along with your nipple, and it hurts, you may want to try a **smaller** size shield. Some women can use any size of breast shield and pumping is comfortable. While most women are fine with two or three different sizes, other women need to find the one size that works best for them. You may also use one size of breast shield on one breast and another size on the other breast.

Note: Nipple pain while pumping may also be caused by increasing the pressure (suction) too high on a pump. Adjust the pressure on your pump until you find what is most comfortable and removes milk the best for you.

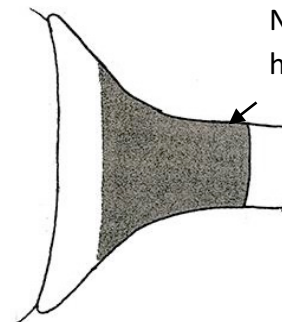
Best fit

Nipple moves
freely with no
pain



May be too small

Nipple rubs
here



Community Breastfeeding Center

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(in the Trade Center)
Lincoln, NE 68516
(402) 423-6402

10818 Elm Street
Rockbrook Village
Omaha, NE 68144
(402) 502-0617

For additional
information:
www.milkworks.org

Creating a healthier community by helping mothers breastfeed their babies.