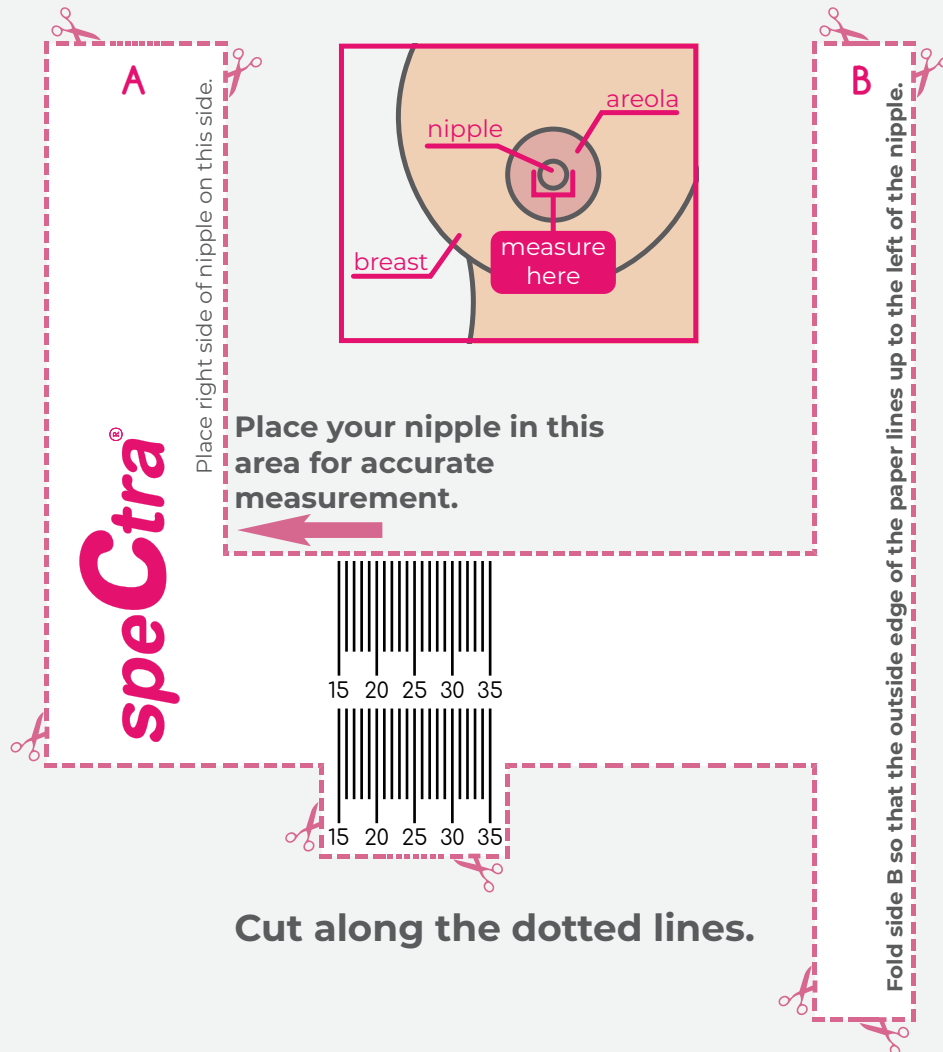


speCtra® Flange Sizing Guide

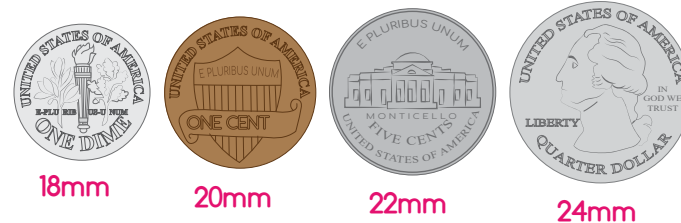
Print this sheet at 100% scale for accuracy. Cut along the dotted lines to measure your nipple diameter.

Be sure to measure BEFORE pumping.

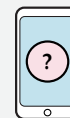
Your flange size should be 2-3 mm larger than your nipple diameter.



If you do not have access to a printer, you may be able to use a coin to determine your nipple diameter.



If you experience pain or discomfort, or need further assistance with sizing please contact us ibclc@spectrababyusa.com



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