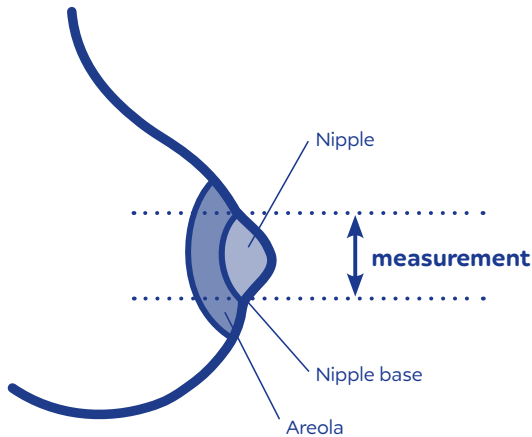


Pumping doesn't have to be painful

How to choose the right size of the funnel?



The funnel has a significant impact on the comfort and effectiveness of milk expression. Choosing the right funnel size makes it easier to achieve optimum milk flow.

The size of the breast does not necessarily correspond to the size of the nipple. The diameter of the nipple determines the size of the funnel.

Using a tape measure or ruler, measure the diameter of the nipple at its base (through the centre), not including the areola. Read the size in millimetres (mm).

Based on your measurement, select the appropriate funnel size:

- nipple diameter 13-15 mm ➔ funnel 17 mm
- nipple diameter 15-17 mm ➔ funnel 19 mm
- nipple diameter 17-19 mm ➔ funnel 21 mm
- nipple diameter 20-22 mm ➔ funnel 24 mm

REMEMBER!

If you're on the fence about sizes, try both funnel sizes and choose the most comfortable.

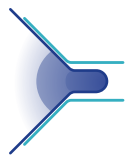
Sometimes it is necessary to choose a different breast shield size for each breast – measure the nipple in both breasts.

SmartSense breast pump



Try the funnels included in the breast pump set. There are as much as 4 sizes of funnels in the packaging – the basic funnel is 24 mm, and there are reducers 17, 19 and 21 mm.

1. Gently place the funnel with the silicone cover on your breast with the nipple in the center.
2. Set the maximum suction power that is comfortable for you. Pumping shouldn't be painful.
3. During the actual pumping phase, after the stimulation phase, check that you have the correct size funnel, using the following graphics as a guide.

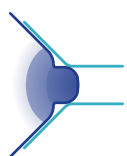


When the nipple is retracted into the funnel tunnel with the part of the areola – **the funnel is too big.**

Try a smaller size, putting on one of the inserts into the center of the funnel.



When the nipple is in the middle of the tunnel and moves freely means that the **funnel is correct.**



If the nipple rubs against the wall of the tunnel – **the funnel is too small.**

If this happens when you use a reducer, remove it and use only standard size 24mm.



Pumping doesn't have to be painful

How to choose the right size of the funnel?

Cut out the circles and check in which your nipple fits best. The nipple should go exactly into the opening without additional space around.

The indicated funnel is the right size for you.

If you have doubts between two sizes, try out both and check which one is most comfortable for you.

NOTE!



To print this file change the setting of your printer to „100% scale”, to maintain the right size of circles.



funnel
17 mm



13 mm



14 mm



15 mm

funnel
19 mm



15 mm



16 mm



17 mm

funnel
21 mm



17 mm



18 mm



19 mm

funnel
24 mm



20 mm



21 mm



22 mm