



Western Upper Peninsula Health Department **BREASTFEEDING**

The quarterly newsletter for breastfeeding information



PUMPING: THE IMPORTANCE OF FLANGE SIZE

Often times when it comes to pumping, we miss one of the most important and impactful things: Flange Size! Here is everything you need to know about choosing the right size to ensure an effective pumping session.

Why is it important to have the correct flange size on your breast pump?

Each breast pump comes with an "average" flange size, although that might not be your size so it's always best to measure!

Having the correct flange size is important because if you don't, your pumping sessions could be painful and not as effective at removing milk as they should be. Keep in mind that each breast may need a different size and the size could change throughout your breastfeeding journey.

ALSO IN THIS ISSUE:

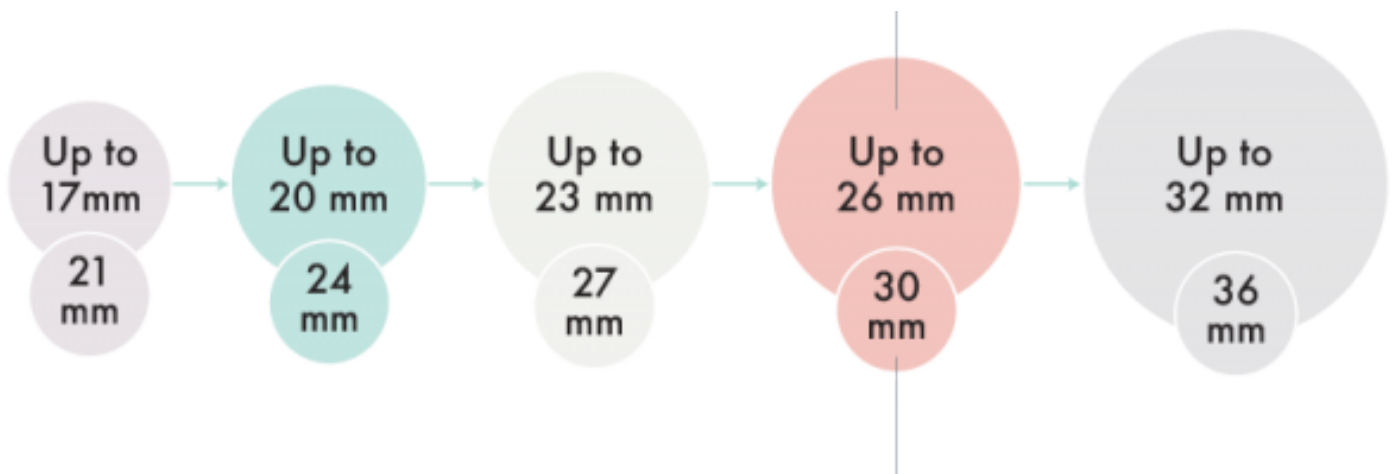
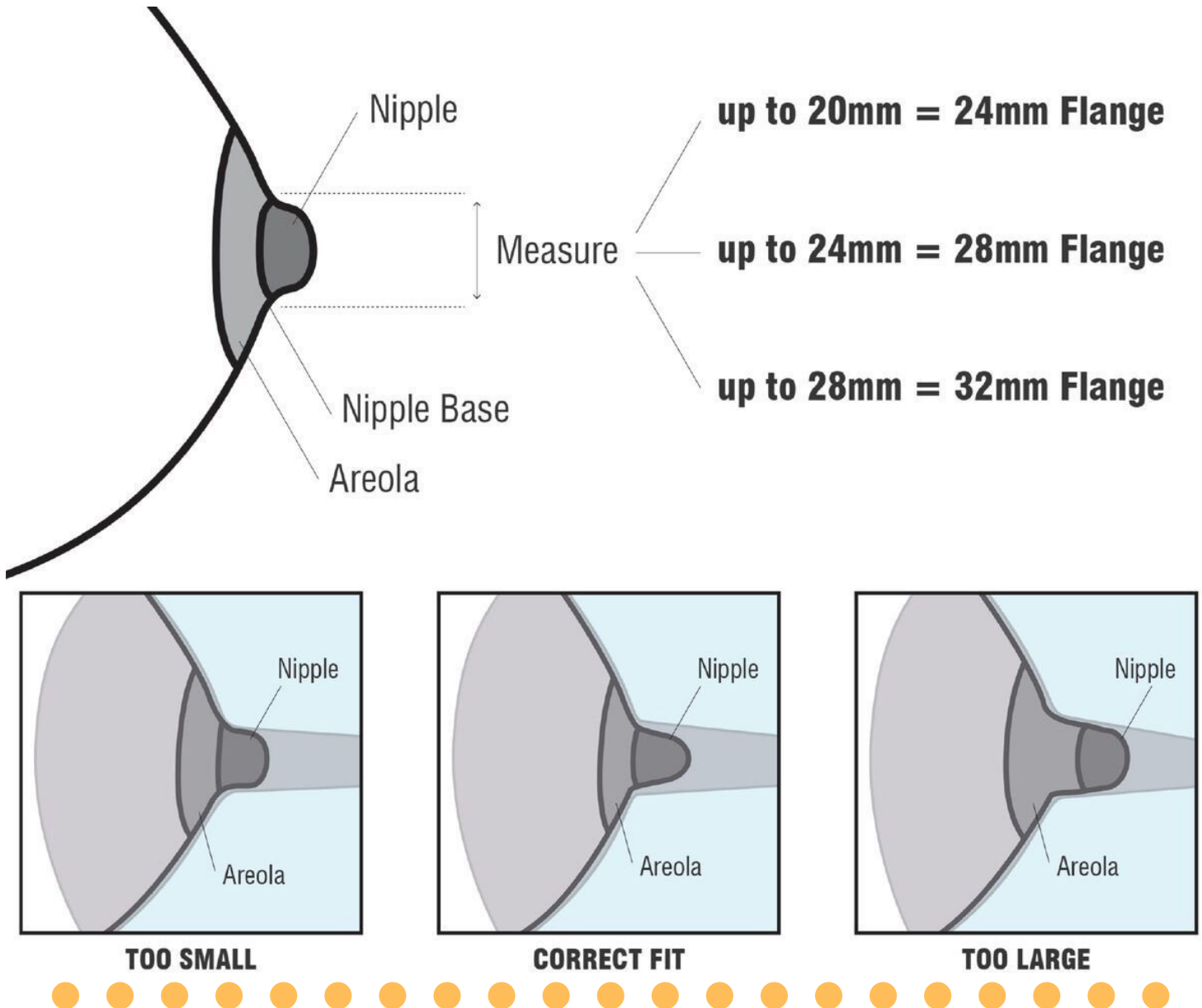
Choosing the Correct Size - 2
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Always remember you can ask for help by contacting your local WIC agency or breastfeeding peer support person

Choosing the correct size:

Pictured below is a photo showing what to measure on your nipple/breast. Flange sizes will be in millimeters so you will want to figure out how many millimeters across your nipple is. Once you have your measurements you can go off of the chart below to choose what size flange is best for you.



Always remember you can ask for help by contacting your local WIC agency or breastfeeding peer support person