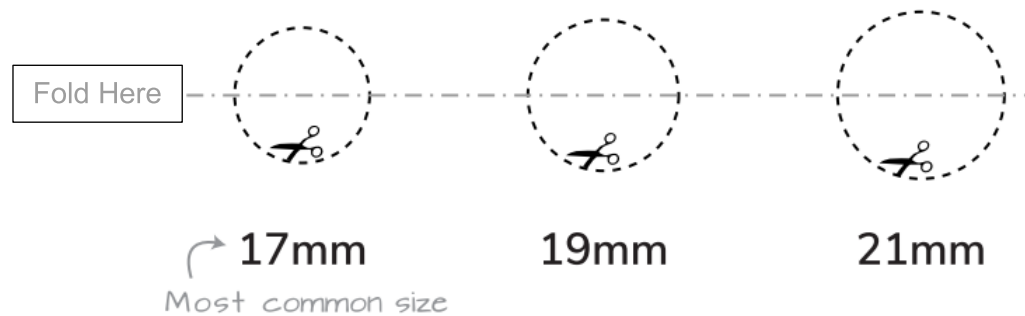
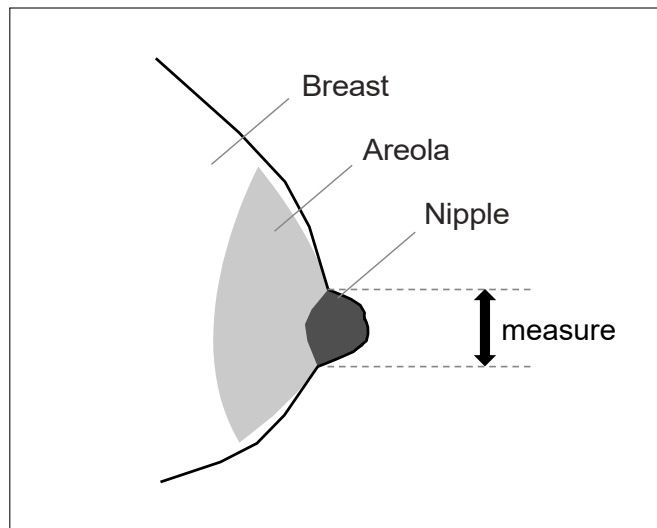


MamaOnTheGo



1. Fold the ruler double along the line so you can easily cut out the circles.
 2. Carefully cut out the circles along the lines, then unfold the ruler. **This is important for accurate measurements!**
 3. Try measuring in front of a mirror at the end of pumping session. Use the holes to select a size that fits most snugly around your nipple.
- Note: To ensure accurate measurements, make sure you **print on A4 paper** and **print to scale Full Size/ 100%**



Tips for getting the best fit

- The best size will fit around your nipple (no areola) closely.
- If you have elastic (stretchy) nipples, then a snug fit is super important.
- If you have flat nipples, then sometimes sizing looser can be more comfortable.
- If you have been using the wrong shield size and have very swollen or damaged nipples, you may need to let your nipples settle to visualize size accurately.
- Shield fit is unique as every nipple behaves differently during pumping. Plan to try different sizes along your pumping journey to find the best fit.
- Coconut or olive oil or pumping lubricant should be a standard part of pumping.
- Send us some pictures using the measuring tool so we can help!

How to get help from the MamaOnTheGo team

- Visit Mamaonthego.co.ke under Contact us section
- DM Instagram: [MamaOnTheGo_Pump](https://www.instagram.com/MamaOnTheGo_Pump)