Nipple Measuring Tool

fold here

10mm 13mm 15mm 17mm 19mm 21mm 24mm 27mm 30mm

cut here
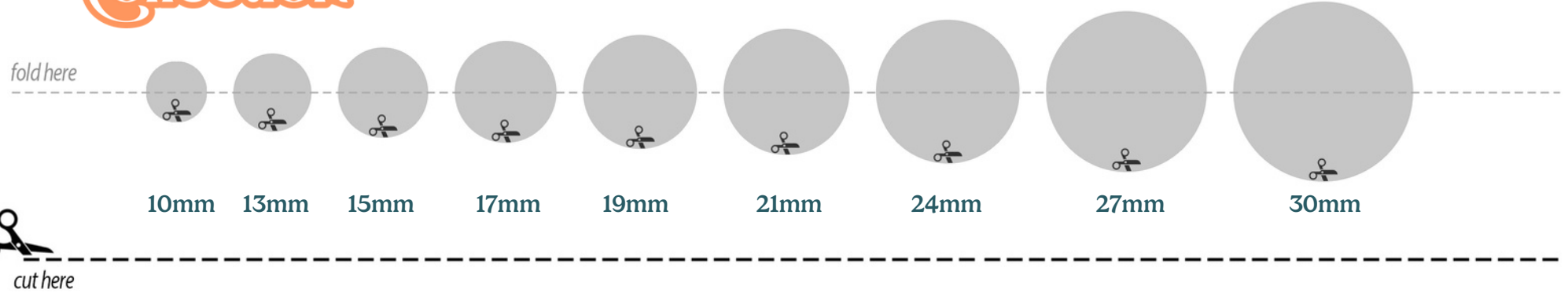
1. Fold the ruler along the fold line to easily cut the circles
1. Carefully cut, then unfold the ruler.
3. Open the page back up and then place each hole around your nipple.
4. Select the hole that fits your nipple most snugly, without any areola present

IMPORTANT! To ensure accurate measurements, make sure to print on **LETTER SIZE** paper and **print to scale: Full Size (100%)**

To check printing accuracy, place a US quarter right here to match the size.

Clear Comfort Silicone Inserts:
Add 1-2mm to your result

Plastic flanges:
Add 0-1mm to your result