Choosing your Medela breast shield size

Make sure to use the right breast shield size. It is an essential component of effective pumping, helping to optimise milk flow.

Understanding Medela’s breast shield sizing

Pumping should not hurt. For maximum comfort and pumping efficiency, Medela offers five breast shield sizes. This guide is a starting point to help determine your optimal size based on your nipple diameter.

Test your breast shield size

1. Start with the breast shield that came with your pump, or the size determined by measuring.
2. Centre the nipple and gently hold the breast shield against your breast.
3. Adjust for Maximum Comfort Vacuum to achieve optimum suction level.
4. Refer to the images below while pumping in the expression phase (after the stimulation phase).

Reasons to try a new size

- Does your nipple rub the tunnel sides to the point of causing discomfort?
- Do you see excessive areola being pulled into the tunnel?
- Do you see any redness?
- Is your nipple or areola turning white?
- Do you feel unexpressed milk after pumping?

If you answered «YES» to any of these questions, consider trying a new size by following the measuring instructions above.

If you are still unsure that you selected the correct size, see a lactation consultant or breastfeeding specialist.