

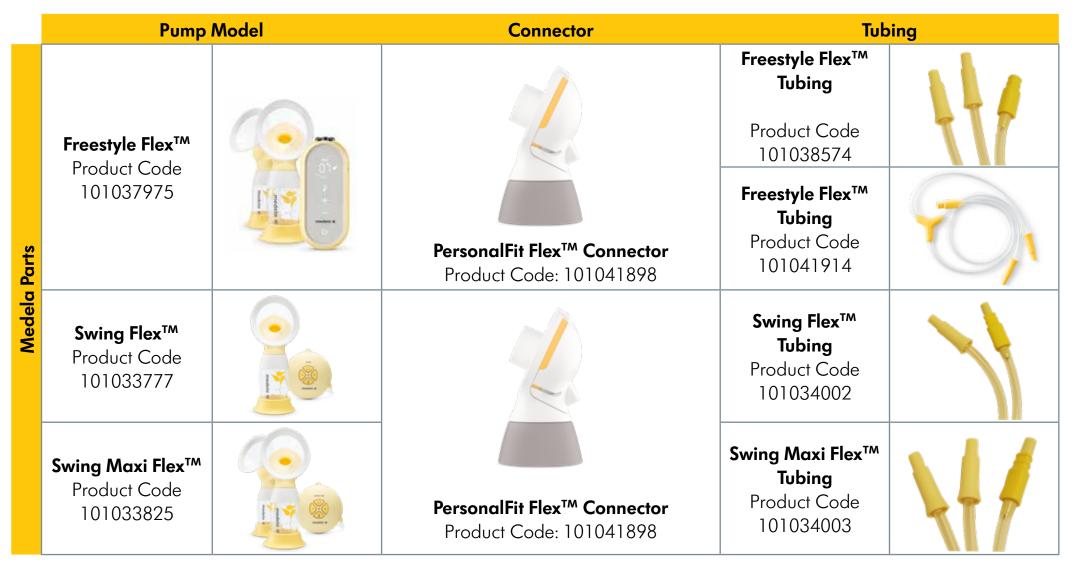
if unsure, please contact Medela Customer service on 1800 787 345 prior to purchase.



NOTE: The Swing Maxi<sup>TM</sup> breast pump include both Small 21mm and Medium 24mm PersonalFit Flex<sup>TM</sup> Breast Shields. The Freestyle Hands-free breast pump include both Small 21mm and Medium 24mm Hands-free Breast Shields. For more information on the Medela breast shields, go to page 5 & 6.



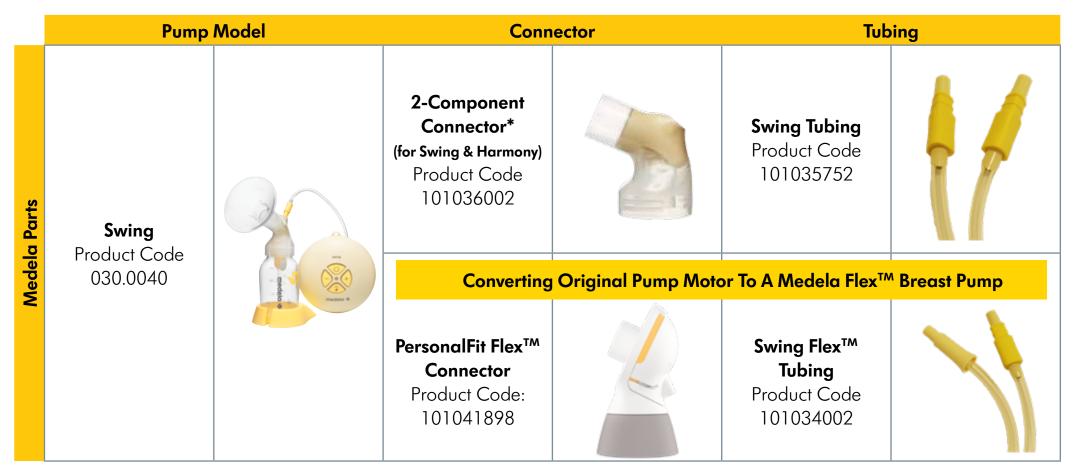
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NOTE: The Flex<sup>™</sup> breast pump range include both Small 21mm and Medium 24mm PersonalFit Flex<sup>™</sup> Breast Shields. For more information on PersonalFit Flex<sup>™</sup> breast shields, see page 5.



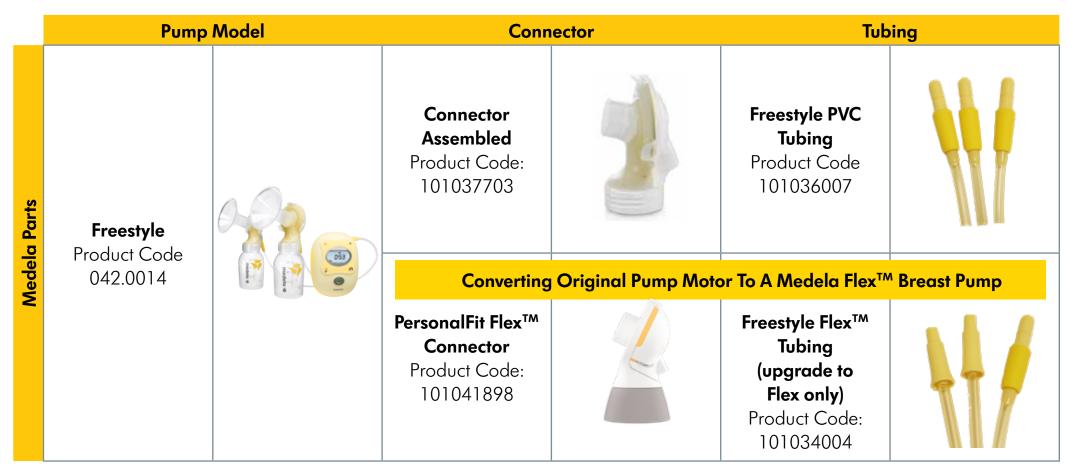
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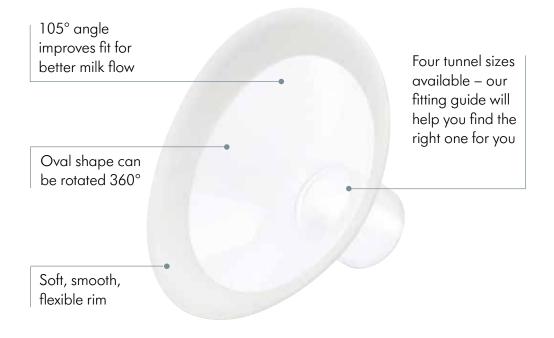






## PersonalFit Flex<sup>™</sup> breast shields

### A whole new pumping experience, personalised to you



### Understanding Medela's breast shield sizing

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

#### Step 1

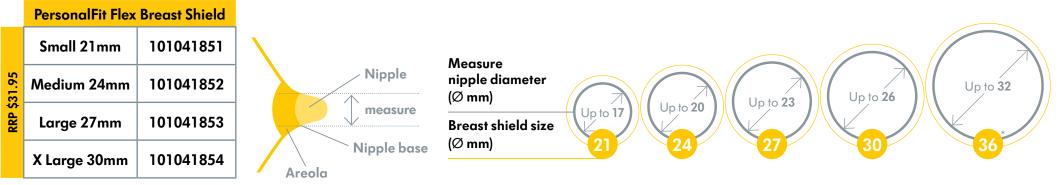
Using a ruler or measuring tape, measure the diameter of the nipple at the base (across the middle) in millimeters (mm). Do not include the areola.

#### Step 2

Based on the measurement, determine the Medela breast shield size.

Example: If the nipple size measures 16 mm in diameter, the recommended Medela breast shield size is 21 mm.

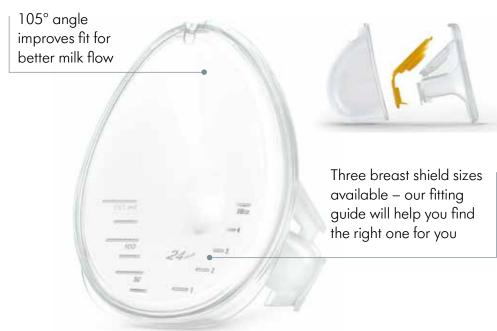
\*36mm available in hospital only





### Freestyle<sup>™</sup> Hands-free breast shields

Compatible with the Freestyle<sup>™</sup> Hands-free double electric breast pump only



Please note that the Collection Cups are not included

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