

4. Getting started

4.4 Breast Shield sizing

Elvie Pump comes with Breast Shields in two sizes, so you can find a Breast Shield fit that is comfortable for you. If needed, a smaller Breast Shield size is available through elvie.com or authorized retailers.

1. To determine the correct size, put the Breast Shield on with the sizing symbol facing upwards and place your nipple in the center of the fit lines. The fit lines should align with the outside of your nipple.

Available as an accessory

21mm



Included in the box

24mm



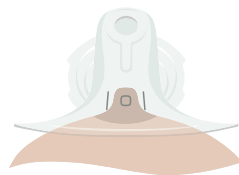
28mm



Breast Shield too small



Breast Shield correct fit



Breast Shield too big

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2. Try different Breast Shields to find the best fit for you
3. To comfortably pump on both sides, repeat this process for both nipples to ensure you have the correct Breast Shield for each nipple

Please check [elvie.com](https://www.elvie.com) or your authorized retailer website for the full range of Breast Shields available to order.

Keep the unused Breast Shields in a safe place. Women's bodies often change during the pumping life cycle, so you may find that another Breast Shield size becomes a better fit.

Tip: Lanolin cream can be used for lubrication to reduce the likelihood of sore nipples.

Precautions

- For assistance with correct Breast Shield sizing and comfort, please see a lactation consultant or breastfeeding specialist