

## CUSTOMFIT FLANGE SYSTEM™

The Ameda CustomFit Flange System makes it easy to find a good flange fit by offering seven sizes that adapt to all Ameda Breast Pumps and Kits. Research has found that nearly one third of mothers who pump report greater comfort and more milk with a larger-than-standard breast flange size.<sup>1,2</sup>



EXTRA SMALL Flexishield™ Areola Stimulator (Fits Inside Standard 25.0 mm Breast Flange)	21.0 mm
SMALL Reducing Insert (Fits Inside Standard 25.0 mm Breast Flange)	22.5 mm
STANDARD Breast Flange (Included with all Ameda HygieniKit Systems and Breast Pumps)	25.0 mm
MEDIUM Custom Breast Flange Insert (Fits Inside Large 30.5 mm Breast Flange)	28.5 mm
LARGE Custom Breast Flange	30.5 mm
X-LARGE Custom Breast Flange Insert (Fits Inside XX-Large 36.0 mm Breast Flange)	32.5 mm
XX-LARGE Custom Breast Flange	36.0 mm

Ameda CustomFit™ Flanges have been designed to work with any Ameda HygieniKit™ Milk Collection Kit. Simply transfer the white valves and diaphragms to the new, better-fitting breast flange size and you are ready to pump.



WITHOUT  
**BPA**

<sup>1</sup> Jones, E. et al. A randomised controlled trial to compare methods of milk expression after preterm delivery. Arch Dis Child Fetal Neonatal Ed 2001; R91-F95.

<sup>2</sup> Wilson-Clay, B. and K. Hoover. The Breastfeeding Atlas, 4th ed. Austin, TX: LactNews Press, 2008.



## THE FIRST NAME IN BREAST PUMPS FOR OVER 65 YEARS

More than 65 years ago in Sweden, engineer Einar Egnell made it his life's work to help breastfeeding mothers. After years of research, Egnell created the first comfortable and effective breast pump. In the process, Egnell also created the vacuum and cycling standards that today's lactation consultants use to judge breast pump quality.

Today's Ameda breast pumps combine Egnell's innovative technology with the features a 21st century mother expects. Everything Ameda offers—Ameda breast pumps and products, Ameda breastfeeding education, Ameda's support of lactation professionals—reflects our passion for breastfeeding. We know how much breastfeeding matters to mothers and their babies.



For more information about the complete line of Ameda breastfeeding products, articles and advice devoted to breastfeeding and pumping mothers, call 1.866.99.AMEDA (26332) or visit [www.ameda.com](http://www.ameda.com).

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MOM INSPIRED. HOSPITAL TRUSTED.

## CustomFit Flange System™

7 sizes to meet your  
changing needs



HOSPITAL TRUSTED  
SINCE 1942™

## FINDING A GOOD BREAST FLANGE FIT

Every mother needs a good breast flange fit for greater comfort and better milk flow. The breast flange is the piece held to your breast during pumping. What determines a breast flange's size—and your fit—is the width of its opening. With a good fit, you should see space around your nipple during pumping as it moves freely in the breast flange's tunnel. With a tight fit, your nipple may rub along the tunnel's sides or move very little.



### GOOD FIT - Space Seen Around Nipple



### TIGHT FIT - Nipple Rubbing Along Tunnel



To get an idea of your breast flange size, compare your nipple to a US nickel. If your nipple is wider than the nickel, you will likely need a larger-than-standard size breast flange. But because the breast changes as you pump, measuring tools alone are not the most reliable gauge. The best way to find a good fit is to try different breast flange sizes until you find the one that feels best and gives you the most milk.



21.2 mm diameter

#### Consider a larger size if:

- Your nipple rubs along the tunnel or does not move freely
- You feel discomfort, even on low suction
- Your milk flows slowly or you pump less milk than expected

#### Consider a smaller size if:

- Much more than your nipple is drawn into the tunnel
- You feel discomfort, even on low suction
- You cannot get a good air seal while pumping

But once you find a good breast flange fit, it isn't the end of the story. Breast flange fit can change with birth, breastfeeding and pumping. The breast flange that fits you well when you started pumping may need to change as you pump more. For this reason, it makes sense from time to time to recheck your breast flange fit.

	Flexishield Areola Stimulator	21.0 mm
	Reducing Insert	22.5 mm
	Standard Breast Flange	25.0 mm
	Medium Insert	28.5 mm
	Large Breast Flange	30.5 mm
	X-Large Insert	32.5 mm
	XX-Large Breast Flange	36.0 mm