

# willow<sup>®</sup> Nipple Sizing Tool

## PRINTING INSTRUCTIONS

1. Print out this sizing guide at 100%. Confirm scale by lining up the short end of your credit card with line at the bottom of page.
2. Fold circles in half along dotted line.
3. Carefully cut out each circle.

## DETERMINE YOUR WILLOW SIZE

1. Stimulate your nipple until it perks up (don't skip this step!)
2. Slide the circles over each nipple.
3. Select the circle that can slide all the way to the base without touching any part of the nipple.
4. Determine your Willow size by using the sizing chart.

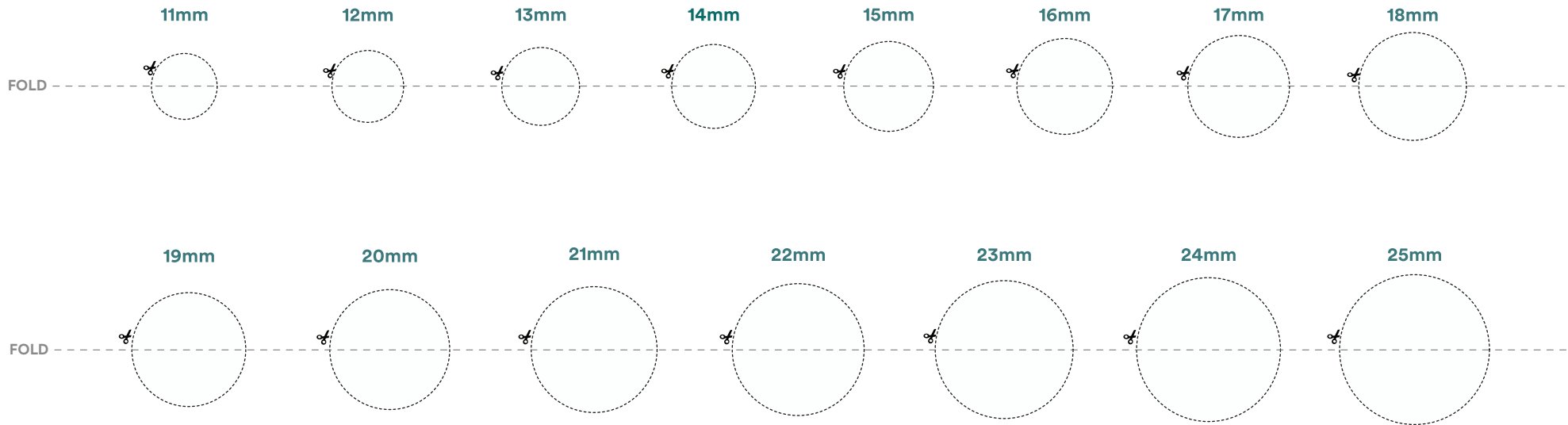
*NOTE: Sizing is an "art". Based on your nipple elasticity you may need to size down if you have elastic nipples, or size up if you have less elastic nipples. If you feel discomfort or experience consistently reduced volume, you may need to experiment with different sizes.*

## SIZING CHART

Measured Nipple Size	Recommended Willow Flange or Container Insert		Recommended Willow Sizing Insert
11-13 mm	24 mm*	+	15 mm
13-15 mm	24 mm*	+	17 mm
15-17 mm	24 mm*	+	19 mm
17-20 mm	21 mm		—
20-23 mm	24 mm		—
23-26 mm	27 mm		—
26-28 mm	N/A		N/A

\* Sizing inserts must be used with 24mm Flange or 24mm Container Insert

Our all-mom Customer Care team is here to help [help.onewillow.com](https://help.onewillow.com)



Note: Confirm scale is 100% by measuring the short end of a credit card to this line. If it doesn't match, reprint.