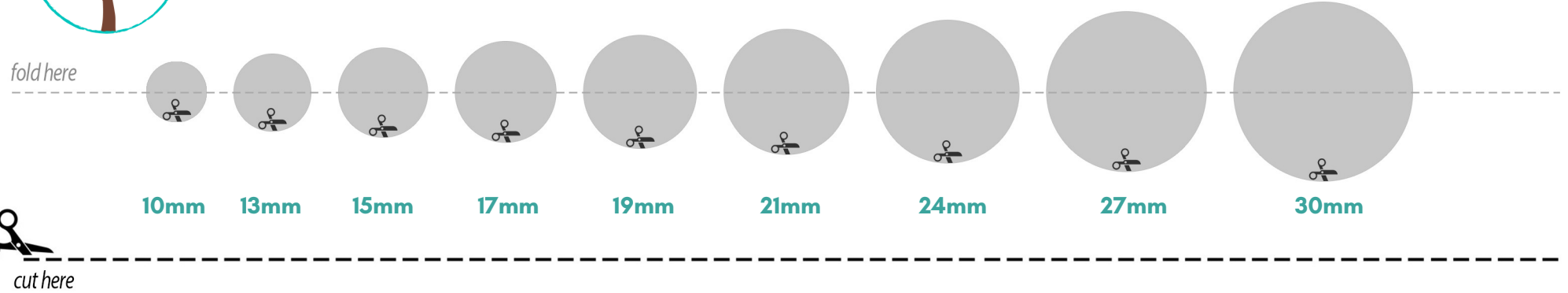




LifeTree
Lactation Services

Nipple Measuring Tool



1. Fold the ruler along the fold line to easily cut the circles
1. Carefully cut, then unfold the ruler.
3. Open the page back up and then place each hole around your nipple.
4. Select the hole that fits your nipple most snugly, without any areola present

IMPORTANT! To ensure accurate measurements, make sure to print on LETTER SIZE paper and print to scale: Full Size (100%)



To check printing accuracy, place a US quarter right here to match the size.

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