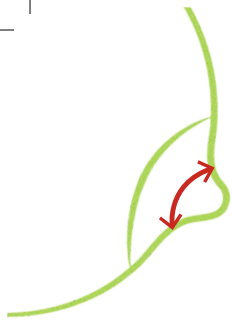


# Breast shell sizing guide

Measure your nipple to the widest part, making sure to exclude the areola.



Your Nipple Size	13mm insert (fits in 26mm)	15mm insert (fits in 26mm)	17mm insert (fits in 26mm)	18mm insert (fits in 26mm)	19mm insert (fits in 26mm)	21mm insert (fits in 26mm)	22mm insert (fits in 26mm)	26mm breast shell	28mm insert (fits in 31mm)	31mm breast shell	36mm breast shell
Up to 9mm	●										
Up to 11mm		●									
Up to 13mm			●								
Up to 14mm				●							
Up to 15mm					●						
Up to 17mm						●					
Up to 18mm							●				
Up to 22mm								●			
Up to 24mm									●		
Up to 27mm										●	
Up to 32mm											●



# Breast shell & insert compatibility

Breast shell size refers to the inner diameter of the shell or insert. A correct fit is crucial for efficient milk expression and to prevent pain or sore nipples.

	13mm insert <small>(fits in 26mm)</small>	15mm insert <small>(fits in 26mm)</small>	17mm insert <small>(fits in 26mm)</small>	18mm insert <small>(fits in 26mm)</small>	19mm insert <small>(fits in 26mm)</small>	21mm insert <small>(fits in 26mm)</small>	22mm insert <small>(fits in 26mm)</small>	28mm insert <small>(fits in 31mm)</small>
26mm breast shell								
31mm breast shell								
36mm breast shell								



Scan the QR code to watch our breast shell sizing video!



info@ardomedical.co.uk  
www.ardomedical.co.uk