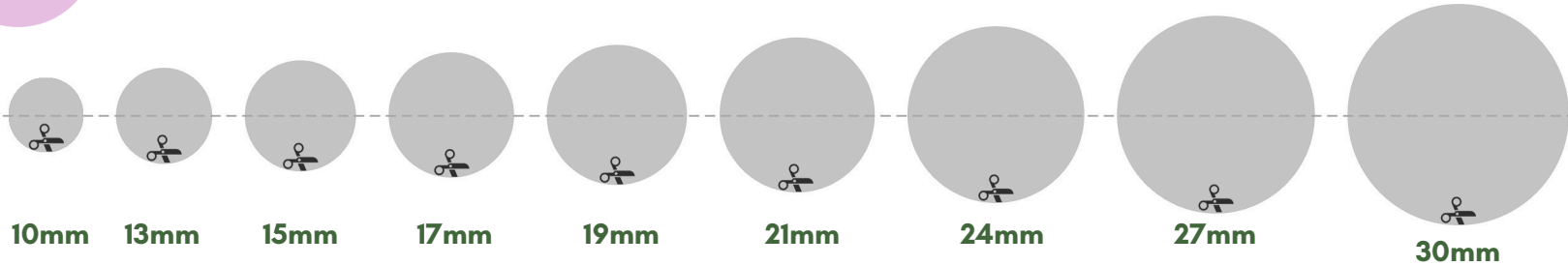


AZURA
INFANT FEEDING SUPPORT

Nipple Measuring Tool

fold here



10mm

13mm

15mm

17mm

19mm

21mm

24mm

27mm

30mm

cut here

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 quarter right here to match the size.

Need help with pumping, protecting and building your supply, or want to improve your feeds at the breast/chest? Please reach out! [Book here](#) or scan the QR code



Azura Infant Feeding Support – virtual support worldwide – in home support Ontario, Canada
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