

## Flange Guide

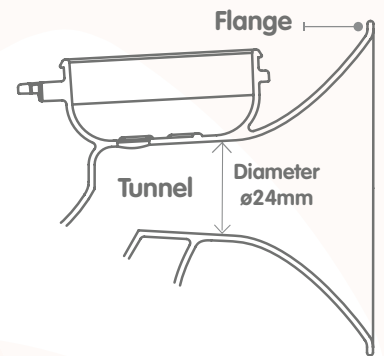
At Hegen, we appreciate that Mothers come uniquely shaped. This is why we designed the Hegen Flange and tunnel to fit a majority of women so that it ensures comfort during expression, even as their bodies change throughout their nursing journey.

### Flange

The concave sides of the flange cup the breast snugly, without being a tight squeeze. This in turn helps to create a better milk flow.

### Tunnel

Our flange tunnel is 24mm wide - a size that fits a majority of mothers, according to our surveys. This fit is designed to reduce the pressure on the nipple during expressing. **Pumping should not feel painful.**

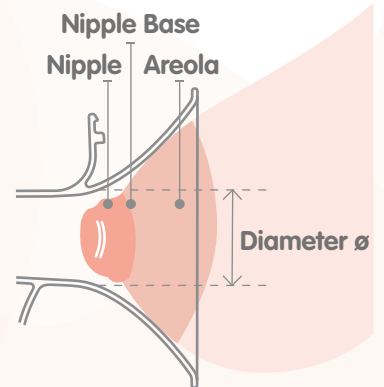


## How to correctly position your flange

1. Hold your breast against the flange and centre your nipple to the tunnel.
2. Adjust the suction controls to your comfort level, to optimise milk flow.

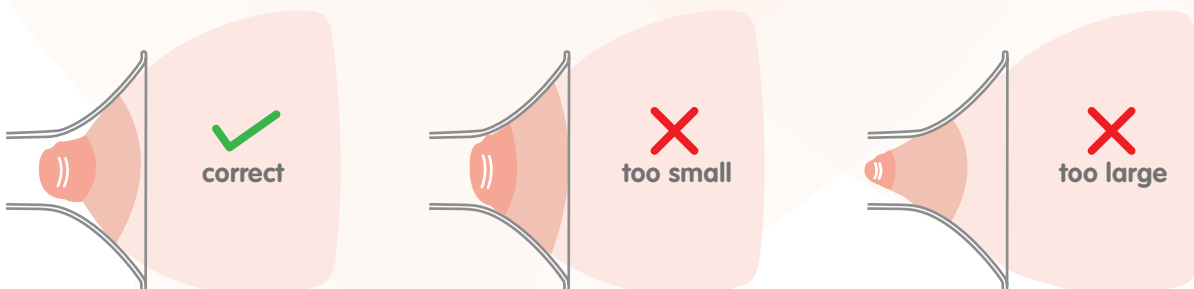
### Always with you in mind

We're currently working to develop flanges of different sizes so that our moms can look forward to an even better fit and continue to have the best experience in their breastfeeding journey.



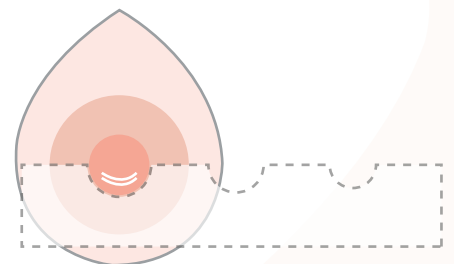
## Check if our Hegen Flange measures up!

### Choose the correct size



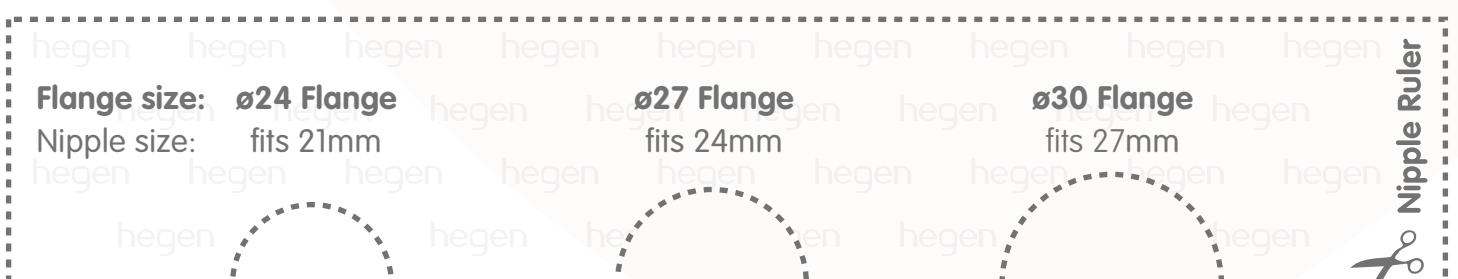
## Use our ruler to see if our Hegen Flange is a good fit for you.

1. Print out this page at Full Size. Do not 'scale to fit' - this will not give you an accurate measurement. To ensure that the print size is correct, select "100%" in the "Scale" field of the print dialogue box.
2. Cut smoothly along the dotted lines of the ruler.
3. Place ruler on the underside of your nipple as shown in the image to gauge your nipple size. If you measure between 21mm to 24mm, the Hegen Flange will be a comfortable fit. **Note: Do not include the areola during measurement.**
4. Based on the slot, you will determine which Hegen flange size best fits you.



Questions? Email Hegen Customer Service at [cs@hegen.com](mailto:cs@hegen.com).

[www.hegen.com](http://www.hegen.com) @Hegen Hegen Mums



Flange size: **ø24 Flange**

Nipple size: fits 21mm

**ø27 Flange**

fits 24mm

**ø30 Flange**

fits 27mm

Nipple Ruler

