

BREAST PUMPS

Compared



A Quick Reference Comparison of Popular
Pumps on the Market

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*Affiliate codes may generate commission at no cost to you

*Information may vary due to product updates. Please confirm
via manufacturer prior to purchase.

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BREAST PUMPS

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Use this comparison as a quick reference to popular breast pumps on the market. For in-depth reviews from Kristen at bemybreastfriend, visit the links at the top. When available, use the provided links and codes for discounts. Details are sourced from manufacturer websites and may change—please confirm directly with the brand. Happy pumping!

MOBILE PUMPS

Secondary pumps designed in a motor hub + collection cup style worn in your bra

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PORTABLE PUMPS

A handheld motor paired with a tubing and collection set-up, varying in use type

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PRIMARY PUMPS

A tabletop electric motor pump paired with a tubing and flange + bottle setup

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COLLECTION CUPS

An alternative milk collection option to a flange + bottle setup, commonly used in hacks

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PASSIVE COLLECTORS

A silicone device that suctions to the breast to catch milk leaking during a session

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MANUAL PUMPS

A non-electric, hand-controlled pump typically designed with flange + bottle setup

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FLANGE TYPES

Different types of aftermarket flanges available & why they might offer a better fit for you

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BREAST PUMPS

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Just starting out in the pumping world and need a bit more info? Dig deeper into the difference between a primary and secondary pump here, along with top pump-related blogs to further your education around pumping.

A PRIMARY PUMP IS...

The most effective means for milk removal

- Typically paired with a traditional style well fitted breast flange
- Used for more than half of your pumping sessions to maintain supply
- Used for morning, before bed and middle of the night sessions
- Has a motor life of above 500 hours

A SECONDARY PUMP IS...

One that offers more freedom and mobility

- Setup with collection cups sit in bra
- Not as effective at emptying breasts as adequately as primary pump
- Not to be used more than half of pump sessions in a 24 hour period
- Not recommended to be used for consecutive sessions, if possible. Instead, try to follow a mobile session with a primary session to ensure supply is properly maintained

Planning Your Pumping Game

- [Which Type of Breastfeeder Will You Be?](#)
- [Reasons to Choose Exclusive Pumping](#)
- [5 Tips For First-time Exclusive Pumpers](#)

Picking the Perfect Pump

- [How to Choose Your Breast Pump](#)
- [Open System vs Closed System](#)
- [Not All Pumps are Created Equal](#)
- [Why Mobile Pumps Might NOT be the Best Choice for You](#)
- [The Truth About Mobile Pumping](#)

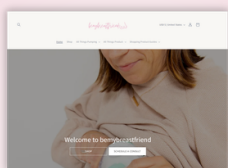
Pump Usage + Maintenance

- [Flange Hacks with Closed System Pumps](#)
- [Pumping Consumables 101](#)
- [Cleaning Bottles and Pump Parts](#)
- [When to Use Pumping Lubricant](#)

BREAST PUMPS

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Reference this page for additional information and added resources. From product reviews + comparisons to breastfeeding education on every topic you could ever need, this page will have you covered!



bemybreastfriend **WEBSITE**

Your one stop shop for all things breastfeeding



PRIMARY BREAST **PUMP REVIEWS**

Kristen's take on top primary pumps in the marketplace



SECONDARY & MOBILE **PUMP REVIEWS**

Popular secondary pumps tested and reviewed by Kristen



BREAST PUMP **COMPARISONS**

Similar style pumps rated side by side against their marketplace competitors



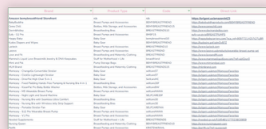
CHIT-CHAT WITH **KRISTEN**

Short video chats with Kristen reviewing all the things



BREASTFEEDING BRA **VIDEO REVIEWS**

Kristen's two cents on trending pumping + nursing bras



bemybreastfriend **DISCOUNT CODES**

Get all the favorites and save yourself some money in the meantime



BREASTFEEDING **ROAD MAP**

A starting point to bmbf blogs covering top breastfeeding milestones



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MOBILE PUMPS

Compared

Secondary pumps designed in a motor hub + collection cup style worn in your bra



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- Momcozy S12 Pro
- Momcozy M5



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- Momcozy M9 "Mobile Flow"
- Momcozy Air 1



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- Eufy S1 Pro
- Lacevo
- Zomee Fit



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- Elvie Pump



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Page 6

- Lansinoh Wearable
- Lansinoh DiscreetDuo
- Spectra Premier

MOBILE PUMPS

Compared

Secondary pumps designed in a motor hub + collection cup style worn in your bra

Brand & Model	<u>Momcozy S9 Pro</u> Review 	<u>Momcozy S12 Pro</u> Review 	<u>Momcozy M5</u> Review 
Cost	\$119.99	\$139.99	\$199.99
# of Levels & Modes	2 modes & 9 adjustable levels	9 adjustable levels & 3 modes (stimulation + expression + mixed)	9 adjustable levels & 3 modes (stimulation + expression + mixed)
# of Parts	5 total	5 total	5 total
Flange & Insert Sizes	Flange: 24mm Flange Inserts: 17mm/19mm/21mm	24mm	Flange: 24mm Flange Inserts: 17mm/19mm/21mm
Flange Material	Silicone	Silicone	Silicone
Capacity	max is 180ml/6oz, but the optimal collection volume is 120ml/4oz	6 oz (you are recommended to pump within 4oz)	max is 160ml/5.46oz, but the optimal collection volume is 120ml/4oz
Charge & Use Time	Charge: 2.5 hrs Use: 270 mins (8-9 sessions)	Charge: 130 mins Use: 240 mins (7-8 sessions)	Charge: 2 hrs Use: 100-120 mins (5-6 sessions)
LED Screen	yes	yes	yes
WiFi App	no	no	no
Volume	less than 45dB	less than 45dB	less than 50dB
bmbf Likes	• Easy to fridge hack • Inexpensive pricepoint • Suction effective at moving milk	• Unique double closure flange keeps cups closed • Slightly quieter than Momcozy M9 • Charges quickly	• Rounded motor contours nicely in bra and under clothes • Easier and faster assembly • Oversized flange size has been corrected - no insert needed!
bmbf Dislikes	• Not super quiet • Oversized flange holes • Motor is not inconspicuous in bra	• Oversized flange holes • Awkward top motors	• Design of set-in motor hubs reduces cup capacity • Doesn't stand upright, creating possibility of spillage
Other Things to Note	• Auto 30mins shut-off when not operating • Basic straight pull for suction, no vibration • Three color choices	• Updated motor attachment makes for a more reliable connection • Basic straight pull for suction, no vibration • Three color choices	• 30 minutes auto shut off • Hard-shell storage bag • Basic straight pull for suction, no vibration • Four color choices
bmbf Rating (1-5 highest)			
Purchase	BUY Momcozy S9 Pro	BUY Momcozy S12 Pro	BUY Momcozy M5
Affil Code	SELFCARE9P	SELFCARE12P	SELFCAREMAMA

MOBILE PUMPS

Compared

Secondary pumps designed in a motor hub + collection cup style worn in your bra

Brand & Model	<u>Momcozy M6 "Mobile Style"</u> <u>Review</u> 	<u>Momcozy M9 "Mobile Flow"</u> <u>Review</u> 	<u>Momcozy Air 1</u> <u>Review</u> 
Cost	\$229.99	\$269.99	\$369.99
# of Levels & Modes	9 adjustable levels & 3 modes (stimulation + expression + mixed)	15 adjustable levels & 3 regular modes (stimulation + expression + mixed) <i>Additional modes & customization in app</i>	15 adjustable levels & 3 regular modes (stimulation + expression + mixed) <i>Additional modes & customization in app</i>
# of Parts	4 total	7 total	6 total
Flange & Insert Sizes	Flange: 24mm Flange Inserts: 17mm/19mm/21mm	Flange: 24mm Flange Inserts: 17mm/19mm/21mm	Flange: 24mm Flange Inserts: 17mm/19mm/21mm
Flange Material	Double Fit Flange - a unique soft and hard silicone dual-seal flange	Double Fit Flange - a unique soft and hard silicone dual-seal flange	Silicone
Capacity	6.09 oz (you are recommended to pump within 5.07oz)	5.07 oz	6 oz
Charge & Use Time	Charge: 2.5 hrs Use: 180 mins (5-6 sessions)	Charge: 2.5 hrs Use: 150 mins (4-5 sessions)	Charge: ? Use: 5 days (15 sessions)
LED Screen	yes	yes	yes
WiFi App	no	yes	yes
Volume	less than 50dB	less than 46dB	less than 48dB
bmbf Likes	- Snap lock feature makes for secure assembly - Contours nicely and is relatively quiet, making for a discrete design	Fully loaded app customization, including two specialist modes (Milk Relief™ + Milk Boost™) and control per each breast	- Thinnest wearable pump on market - Transparent top for easy nipple alignment and view of milk volume - Milk sensors are very accurate - Wireless charging case
bmbf Dislikes	Flanges are not fully silicone, but half silicone on the outer edge and then switch to plastic in the flange tunnel - making for a pinchy fit	- Flanges are half silicone and half plastic - for a "bloody" poor fit - Pump is like a jigsaw to assemble - Cups leaking is a commonality - Design makes it difficult to see how full cups are during use	Mechanical issues / motors completely dying on first released product version
Other Things to Note	30 min auto shut off, and a timer - Stand-up design - a combination of M5 and M9 styles - Two color choices	30 minutes auto shut off - Stackable Milk Collectors - Two color choices	- Not yet available on Amazon - Re-released late fall of 2025 *Rated as 5, assuming issues have been resolved
bmbf Rating (1-5 highest)			
Purchase	<u>BUY Momcozy M6 "Mobile Style"</u>	<u>BUY Momcozy M9 "Mobile Flow"</u>	<u>BUY Momcozy Air 1</u>
Affil Code	SELF CAREMO	SELF CAREM9	SELF CARE25

MOBILE PUMPS

Compared

Secondary pumps designed in a motor hub + collection cup style worn in your bra

Brand & Model	<u>Eufy S1 Pro</u> <u>Review</u> 	<u>Lacevo</u> <u>Review</u> 	<u>Zomee Fit</u> <u>Review</u> 
Cost	\$349.99	\$349.00	\$249.99
# of Levels & Modes	7 intensities with 3 cycle speeds & 4 pumping rhythms <i>Customization in app</i>	4 modes and 12 levels (automatic, stimulation, mixed & expression)	3 modes and 9 levels (stimulation + expression + 2-Phase)
# of Parts	5 total	5 total	6 total
Flange & Insert Sizes	Flange: 24mm Flange Inserts: 17mm/19mm/21mm	Flange: 24mm Flange Inserts: 13/15/17/19/21mm	Breast Shield: 25mm Silicone Inserts: 17 and 21 mm
Flange Material	Silicone	Silicone	Silicone
Capacity	5 oz	6 oz	6 oz (7 oz sold separately)
Charge & Use Time	Charge: Case = 3.2 hrs, Pump = 1.7 hrs, Case + Pump = 5 hrs Use: Case provides up to 5 days of power, pump lasts up to 4-6 sessions	Charge: ? Use: Up to six 15 min pump sessions	Charge: ? Use: 2+ hours battery life
LED Screen	yes	yes	yes
WiFi App	yes	yes	no
Volume	less than 46dB	<45db	under 48dB
bmbf Likes	- Extremely comfortable flanges - Motor hub is anchored with the cup by a housing tab, making it a more secure connection - Pump is able to stand vertically	Offers longer flange tunnel caters for all nipple types including elastic nipples making for a comfortable fit	- Suction is effective - Easy to assemble - Easy to fridge hack
bmbf Dislikes	- Lacks an overflow sensor or trigger to shut off pump or notify the user - Pumps need to be clean to charge in the case as it's not waterproof	Motor can be on the noisier side, even considered distracting when in a quiet space	- Awkward cups make for difficult pouring - Very loud motor
Other Things to Note	- Built-in heating element warms pumps with 7 adj. settings. Enhances flow and prevents clogs. - Portable case for easy charging - Customization and tracking in App	- Case includes nipple measuring tool, mirror and top 5 size inserts. Also comes with bra extenders, cleaning brushes, cables and waterproof bag - Smart fill sensor alerts when milk levels are getting high	- Fullness sensor detects and built-in anti-backflow system help prevent spills and leaks - Has timer and 30min auto shut-off - Features nipple correction mode for inverted or flat nipples
bmbf Rating (1-5 highest)			
Purchase	BUY on Eufy BUY on Amazon	BUY on Lacevo BUY on Target	BUY on Zomee BUY on Amazon
Affil Code	BMBF15 (use link for code) n/a	BREASTFRIEND (use link for code) n/a	KRISTENFIT20 (use link for code) n/a

MOBILE PUMPS

Compared

Secondary pumps designed in a motor hub + collection cup style worn in your bra

Brand & Model	<u>Willow Go</u> <u>Review</u> 	<u>Willow 360</u> <u>Review</u> 	<u>Elvie Pump</u> <u>Comparison with Willow Go</u> 
Cost	\$349.99	\$499.99	\$549.99
# of Levels & Modes	15 adjustable levels & 2 modes (stimulation + expression)	7 adjustable levels & 2 modes (stimulation + expression)	4 pumping rhythms & 7 intensity settings
# of Parts	5 total	4 total	6 total
Flange & Insert Sizes	Flanges: 21mm & 24mm	Flanges: 21mm & 24mm	Cushions: 15/17/19mm & Breast Shields: 21/24/28 mm. If <21mm shield, cushion will be bundled w/ standard kit. Need to know size ahead of time.
Flange Material	Plastic	Plastic	Plastic
Capacity	5 oz or 7 oz (add'l cost)	? Milk bag capacity is 4 oz	5 oz
Charge & Use Time	Charge: ? Use: up to 3 sessions	Charge: ? Use: up to 5 sessions	Charge: 2 hrs Use: 5-6 sessions (~2.5 hrs)
LED Screen	no, app controlled	no, app controlled	no, app controlled
WiFi App	yes	yes	yes
Volume	?	?	Rated to be the quietest but does not share the actual volume level
bmbf Likes	Extremely quiet motor compared to vast majority of other pumps	100% spill proof in any position while using collection bags	Has a shallow profile which could be good for larger bust sizes
bmbf Dislikes	- When using the fridge hack it may leak or collect moisture which affects the ability for a proper seal - Overpriced and lacks all features that newer pumps offer	- Expensive, plus has rec. part replacement or storage bag costs - Motor life equates to only three 15 min sessions a day for a year - Pump encounters frequent errors	- App only available for iOS, Android coming soon - Can be unreliable especially when using a hack
Other Things to Note	App-controlled with ability to input milk volume and access to expert-backed content and services	- Smart sensors send real-time milk volume data to the Willow app - Detects letdown and automatically switches modes - Compatible with self-sealing milk bags or reusable containers	- App includes timer stop feature, can monitor milk volume in real-time (and history), track pumping time, and inspect milk flow. - Infrared sensors measure amount of milk, switch modes or pause accordingly.
bmbf Rating (1-5 highest)			
Purchase	<u>BUY Willow Go</u>	<u>BUY Willow 360®</u>	<u>BUY Elvie Pump</u>
Affil Code	n/a	n/a	n/a

MOBILE PUMPS

Compared

Secondary pumps designed in a motor hub + collection cup style worn in your bra

Brand & Model	<u>Motif Aura Glow</u> <u>Review</u> 	<u>Medela Magic Inbra</u> <u>Review</u> 	<u>BabyBuddha Wearable</u> <u>Review</u> 
Cost	\$199.00	\$399.99	\$289.99
# of Levels & Modes	4 modes: Massage, Expression, and General Pumping have 9 levels. Cluster Feeding has 5 levels.	2 modes. Stimulation phase has 5 levels. Expression phase has 10 levels.	4 modes: Soft + Classic Stimulation have 6 levels. Classic + Double Drop Expression have 9 levels.
# of Parts	5 total	7 total	5 total
Flange & Insert Sizes	Breast Shield: 24mm Silicone Inserts: 15, 17, 19, and 21 mm	Breast Shields: 21mm and 24mm	Flange: 24mm Flange Inserts: 13/15/17/19/21mm
Flange Material	Silicone	Plastic	Silicone
Capacity	6 oz	5 oz	6+ oz (8 oz of space)
Charge & Use Time	Charge: ? Use: approx. 90 min	Charge: ? Use: 2 hrs	Charge: 1.5 hrs Use: 2.5 hrs
LED Screen	yes	no	yes
WiFi App	no	yes	no
Volume	<45-decibel	38 dB	?
bmbf Likes	- Size and shape fits nicely in bra - Breast shields/flanges are a buttery silicone material that is very comfortable	- Flanges are plastic but are comfortable, no pulling or pinching - When working, effective at milk removal - Super quiet motor	- Oversized cups are a win for oversuppliers or to pump twice without removing from bra - Pump offers effective milk removal - Double drop mode seems to offer the most comfort
bmbf Dislikes	- Not much difference between modes - Motor suction not very strong, significant amount of milk left behind	- Tetris-like assembly with 7 pieces - Frequent errors and inaccurate sensors - Tricky to operate slide tab design to pour and open cups - Only offers 4 flange sizes, 2 are additional cost	- No modes mimic the double bacon mode of the portable pump - Assembly is atypical and if done incorrectly results in lack of suction - Certain modes have a vibration which can be less desirable
Other Things to Note	- Has light to view volume - Duckbills are solid white making it difficult to see if milk is coming out - Volume markings on sides of cups rub off easily.	- Sensors automatically switch modes - FluidFeel Technology keeps nipple surrounded by warm milk similar to breastfeeding - Clear top-view and Night Mode	- Has in-cup LED lights for nighttime sessions - Offers magnetic charging for secure connection
bmbf Rating (1-5 highest)			
Purchase	<u>BUY Motif Aura Glow</u>	<u>BUY Medela Magic InBra</u>	<u>BUY BabyBuddha Wearable</u>
Affil Code	n/a	n/a	BEMYBREASTFRIEND

MOBILE PUMPS

Compared

Secondary pumps designed in a motor hub + collection cup style worn in your bra

Brand & Model	<u>Lansinoh Wearable</u> <u>Review</u> 	<u>Lansinoh DiscreetDuo</u> <u>Review</u> 	<u>Spectra Premier</u> <u>Review</u> 
Cost	\$249.00	\$160.00	\$249.99
# of Levels & Modes	8 adjustable suction levels, 2-Phase technology, and 3 pumping styles	4 modes and 9 levels	Massage Modes: 5 levels Expression Modes: 5 levels with 3 rhythms
# of Parts	4 total	5 total	7 total
Flange & Insert Sizes	Flanges: 25mm and 30.5mm Inserts: 21 mm and 28mm	Flanges: 24 mm Inserts: 21 mm	?
Flange Material	plastic	Silicone	Plastic
Capacity	8 oz	6 oz	4 oz
Charge & Use Time	Charge: ? Use: Up to 8 sessions	Charge: ? Use: Up to 100 min	Charge: 2.5 hrs Use: 1.5 hrs
LED Screen	no	yes	no
WiFi App	no	no	no
Volume	?	?	?
bmbf Likes	- Larger cup capacity of 8 ounces per side - Super easy assembly and cleaning with only three pieces per side + motor	Uncomfortably effective at milk removal	Pump is effective at removing milk
bmbf Dislikes	- Motor Hub is loud - Pump is aggressive and could cause nipple trauma	- Modes are uncomfortable and leave you toggling around to find one that is a good fit - Includes 20 min shutoff timer (30 min preferred for a full session)	- Overly loud - Third expression mode is uncomfortable and has big pauses - Pumps can leak and are difficult to assemble
Other Things to Note	Cups are hackable with any outside closed system pump and tubing	Most likely fully covered by insurance (depending on plan)	- Doesn't vibrate like other Spectra pumps 30 minute shut off - Pump directly into the wearable milk containers for direct feeding
bmbf Rating (1-5 highest)			
Purchase	BUY Lansinoh Wearable	BUY Lansinoh DiscreetDuo	BUY Spectra Premier
Affil Code	n/a	n/a	n/a

PORTABLE PUMPS

Compared

A handheld motor paired with a tubing and collection set-up, varying in use type

- A portable pump has the *potential* to be used as a **primary** when paired with a flange + bottle setup (depending on it's milk expression capability).
- A portable pump should *always* be used as a **secondary** when paired with a collection cup setup (due to collection cups inability to remove milk as effectively as a flange + bottle setup).



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- Momcozy V1 Pro
- Momcozy V2 Pro
- Elvie Stride



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- Pumpables Genie Advanced
- BabyBuddha 2.0
- Zomee Z2



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- Spectra 9 Plus
- Spectra Synergy Gold (SG) Portable
- Medela Freestyle



Page 10

- Motif Duo

PORTABLE PUMPS

Compared

A handheld motor paired with a tubing and collection set-up, varying in use type

Brand & Model	<u>Momcozy V1 Pro</u> <u>Review</u> 	Momcozy V2 Pro Review (coming soon) 	<u>Elvie Stride</u> <u>Review</u> 
Cost	\$199.99	\$199.99	\$199.99
Use Type	Secondary	Secondary	Secondary
# of Levels & Modes	15 levels & 3 modes (stimulation + expression + mixed)	9 levels & 3 modes (stimulation + expression + mixed)	10 levels & 2 modes (stimulation + expression)
Collection Type Included	Collection Cups (7.8 oz)	Collection Cups (7.8 oz)	Collection Cups (5 oz)
Flange & Insert Sizes	Flange: 24mm Flange Inserts: 17mm/19mm/21mm	Flange: 24mm Flange Inserts: 17mm/19mm/21mm	Cushions: 15/17/19mm & Breast Shields: 21/24/28 mm. If <21mm shield, cushion will be bundled w/ standard kit. Need to know size ahead of time.
Flange Material	Double Fit Flange – a unique soft and hard silicone dual-seal flange	Double Fit Flange – a unique soft and hard silicone dual-seal flange	Silicone
Charge & Use Time	Charge: ? Use: up to 270 mins (9-30min sessions)	Charge: ? Use: up to 3 hrs	Charge: ? Use: Nearly 3 hrs
LED Screen	yes	yes	no, app controlled
WiFi App	no	no	yes
Volume	less than 48dB	less than 48dB	31.9 dB
bmbf Likes	• Super quiet motor • Offers a nice variety of suction strength and speeds • Motor works well with cups provided • Cups are easy to align	• bmbf review coming soon	• Cups are slim and can be repurposed with other pumps
bmbf Dislikes	• When hacked with flanges, milk tends to build up in duckbills	• bmbf review coming soon	• Suction is not effective
Other Things to Note	• Auto lock feature prevents accidental misoperation • Low, medium, and high rhythms • Ability to set timer for 5-45 min	• Same cups as V1 Pro • Motor fits into your pocket, ensuring convenient portability	• Control your pump remotely, adjust intensity settings and keep tabs on your pumping history • Dirt cheap after insurance
bmbf Rating (1-5 highest)		• bmbf review coming soon	
Purchase	<u>BUY Momcozy V1 Pro</u>	<u>BUY Momcozy V2 Pro</u>	<u>BUY Elvie Stride</u>
Affil Code	SELF CARE V1	SELF CARE 25	n/a

PORTABLE PUMPS

Compared

A handheld motor paired with a tubing and collection set-up, varying in use type

Brand & Model	<u>Pumpables Genie Advanced</u> <u>Review</u> 	<u>BabyBuddha 2.0</u> <u>Review</u> 	<u>Zomee Z2</u> <u>Review</u> 
Cost	\$180.00	\$214.99	\$189.99
Use Type	Primary	Primary	Secondary
# of Levels & Modes	2 modes: letdown + expression 10 levels, 3 cycle strengths	3 modes. Soft + Classic Stimulation have 6 levels, and Expression has 9 levels.	3 Modes & 9 Levels (stimulation + expression + 2-phase)
Collection Type Included	Pump only -OR- Flanges	Flanges	Flanges
Flange & Insert Sizes	Need to know size ahead of time Options for 15, 17, 19, 21, 25, and 29mm	Flange: 24mm Massage Cushion Insert: 22mm Additional sizes available for purchase	Flanges: 22 and 24 mm included
Flange Material	Silicone	Silicone	Plastic
Charge & Use Time	Charge: 4.5 hrs Use: 3 hrs	Charge: 4 hrs Use: 1 hrs	Charge: ? Use: ?
LED Screen	yes	yes	yes
WiFi App	no	no	no
Volume	less than 45 db	?	?
bmbf Likes	- Offers a strong suction with a slight pull minus the aggressive tug - Programmable - records session and able to use indefinitely for future sessions	- Motor is super small and easy to conceal or wear on your belt - Pump is very effective at moving milk, but play it safe with modes as some can be strong - Super hackable this pump is easy to personalize to your own comfort needs	Moves milk fast in the first ten minutes
bmbf Dislikes	Pump could be slightly smaller	Suction intensity can be a lot especially if you are using the wrong flange size and crank up the pump on too high a setting	- Pump alternates suction during a session (imagine milking a cow) - Stimulation and 2-Phase modes can be overstimulating - Can limit subsequent let-downs if the user finds this bothersome
Other Things to Note	- Able to purchase just with pump motor or with liquid kit which includes full flange setup - Liquid kit fits wide neck bottles	Comes with a T connector so pumping can switch from double to single seamlessly	- Can use for single or double pumping - Automatic shut-off after 30 minutes of use
bmbf Rating (1-5 highest)			
Purchase	BUY Pumpables Genie Advanced	BUY BabyBuddha 2.0	BUY Zomee Z2
Affil Code	BREASTFRIEND	BEMYBREASTFRIEND	KRISTEN15

PORTABLE PUMPS

Compared

A handheld motor paired with a tubing and collection set-up, varying in use type

Brand & Model	<u>Spectra 9 Plus</u> <u>Review</u> 	<u>Spectra Synergy Gold (SG)</u> <u>Portable</u> <u>Review</u> 	<u>Medela Freestyle</u> <u>Review</u> 
Cost	\$197.99	\$299.99	\$199.99
Use Type	Secondary	Secondary	Secondary
# of Levels & Modes	2 Modes. Massage mode has 5 levels. Expression mode has 10 levels.	2 Modes. Massage mode has 5 levels. Expression mode has 12 levels.	2 Modes & 9 Levels. (stimulation + expression)
Collection Type Included	Flanges	Flanges	Collection Cups (5 oz)
Flange & Insert Sizes	24 and 28 mm Flanges included. 16, 20, and 32mm available for purchase.	24 and 28 mm Flanges included. 16, 20, and 32mm available for purchase.	Flanges: 21 and 24 mm included
Flange Material	Plastic	Plastic	Plastic
Charge & Use Time	Charge: ? Use: 2 hrs	Charge: 4 hrs Use: at least 2 hrs (when double pumping)	Charge: 2 hrs Use: 2 hrs
LED Screen	yes	yes	yes
WiFi App	no	no	yes
Volume	?	?	?
bmbf Likes	Super easy to hack	Very compact size	- Cups have simple assembly and have "locking" feature - Easily hack cups to other pumps - Very compact size pump - Effective if in a pinch
bmbf Dislikes	- Modes are either barely there, or if cranked up are uncomfortable - Suction pattern is very slow moving.	- Does not operate the same as the Spectra Synergy Gold - Cycle speeds are set, cannot adjust	- Touchscreen is finicky and cannot be locked - Motor is on the louder side - Cup duckbill may backup in flange tunnel (but didn't leak into bra, eventually emptied into cup)
Other Things to Note	- Doesn't vibrate like other Spectra pumps - Has 30 min auto shutoff	Pump is double adjustable, so able to control separately per breast	Can use with or without app
bmbf Rating (1-5 highest)			
Purchase	<u>BUY Spectra 9 Plus</u>	<u>BUY Spectra SG Portable</u>	<u>BUY Medela Freestyle</u>
Affil Code	n/a	n/a	n/a

PORTABLE PUMPS

Compared

A handheld motor paired with a tubing and collection set-up, varying in use type

Brand & Model	<u>Motif Duo</u> <u>Review</u> 		
Cost	\$149.00		
Use Type	Secondary		
# of Levels & Modes	2 Modes & 10 Levels (massage + expression) Expression mode has 3 cycle options		
Collection Type Included	Flanges		
Flange & Insert Sizes	Flange: 21, 24, and 27 mm included		
Flange Material	Plastic		
Charge & Use Time	Charge: ? Use: 2.5 hrs		
LED Screen	yes		
WiFi App	no		
Volume	less than 43dB		
bmbf Likes	• Effective at moving milk • Easy to hack		
bmbf Dislikes	• Suction lacks robust stimulation and could result in milk left behind • Selecting cycle strengths and using Memory mode can be confusing and requires the manual		
Other Things to Note	• Can use for single or double pumping • Comes with a pumping bra • Can record/recall customized sessions with Memory Mode • Has auto shutoff after 30 min		
bmbf Rating (1-5 highest)			
Purchase	<u>BUY Motif Duo</u>		
Affil Code	n/a		

PRIMARY PUMPS

Compared

A tabletop electric motor pump paired with a tubing and flange + bottle setup

- Primary pumps are only ever considered a primary when used with a flange + bottle setup. Even though they are easily hackable with aftermarket collection cups, this setup would then be considered a secondary pump; as collection cups, in general, are notorious for leaving milk behind.
- Some primary pumps may feature a rechargeable battery, while others must be plugged in to work. Despite featuring a battery, they still tend to be larger than other portable pumps (which can typically fit in your pocket).



Page 11

- Spectra S1 Plus
- Spectra Synergy Gold
- Unimom Opera+



Page 12

- Motif Luna

PRIMARY PUMPS

Compared

A tabletop electric motor pump paired with a tubing and flange + bottle setup

Brand & Model	<u>Spectra S1 Plus</u> <u>Review</u> 	<u>Spectra Synergy Gold</u> <u>Review</u> 	<u>Unimom Opera+</u> <u>Review</u> 
Cost	\$225.99	\$279.99	\$599.99
# of Levels & Modes	2 modes. Massage has 5 levels. Expression has 5 cycle speeds + 7 levels.	2 modes & 5 cycle speeds each. Massage mode has 5 levels. Expression mode has 15 levels.	2 modes & 8 levels. Stimulation has 60 to 100 cycle speeds. Expression has 26 to 42 cycle speeds.
Size & Weight	7.9" x 7.9" x 6.7" 3.3 lbs	8.5" x 8.5" x 8.5" 5.45 lbs	8" x 6.5" x 4" 2.2 lbs
Flange Sizes	24mm and 28mm	24mm and 28mm	24mm and 28mm
Flange Material	Plastic	Plastic	?
Charge & Use Time	Charge: ? Use: 3 hrs	No battery, plug in only	Charge: ? Use: 2 hrs
LED Screen	yes	yes	yes
WiFi App	no	no	no
Volume	48dB	?	?
bmbf Likes	If the vibration doesn't bother you, this pump is a great option, especially for new moms	- Independent motor control for each side offers a lot of flexibility - Stronger pull than the Spectra S1 Plus makes it even more effective	- Full control per breast offers major flexibility for personal preference and comfort - Small size even though offers dual motors
bmbf Dislikes	Motor has "purr" vibration - may be helpful to some and help trigger let-down while others may find it overstimulating	- Lots of buttons and controls when using the first time - Stronger vibration than the Spectra S1 Plus	No built in vibration - might be a plus for some but for those you who like it could miss it with this pump
Other Things to Note	Provides all the features of the S2 Plus, but with a built-in battery - Ability to be used as a single or double pump - Includes a timer and night light	3 level illumination night light	3 level night light 4 different options - single left, single right, alternate, & synchronous
bmbf Rating (1-5 highest)			
Purchase	<u>BUY Spectra S1 Plus</u>	<u>BUY Spectra Synergy Gold</u>	<u>BUY Unimom Opera+</u>
Affil Code	n/a	n/a	BEMYBREASTFRIENDOPERA50 (50% off)

PRIMARY PUMPS

Compared

A tabletop electric motor pump paired with a tubing and flange + bottle setup

Brand & Model	Motif Luna Review 		
Cost	\$189.00		
# of Levels & Modes	2 modes. Massage has 80 to 60 cycle speeds + 5 levels. Expression has 46 to 30 cycle speeds + 12 levels.		
Size & Weight	9.49" x 9.17" x 7.68" 2 lbs		
Flange Sizes	24mm and 28mm		
Flange Material	Plastic		
Charge & Use Time	Charge: ? Use: 2 hrs		
LED Screen	yes		
WiFi App	no		
Volume	Plug-in Version <39 dB Battery Version <40 dB		
bmbf Likes	Well known for its ability to empty breasts quickly		
bmbf Dislikes	- The battery version is difficult to carry and not easily portable - The max strength of the battery version is less than other pumps		
Other Things to Note	- Available in a rechargeable battery powered model (+\$40) or a plug in version 3 level night light		
bmbf Rating (1-5 highest)			
Purchase	BUY Motif Luna		
Affil Code	n/a		

COLLECTION CUPS

Compared

An alternative milk collection option to a flange + bottle setup, commonly used in hacks

- A pump + cups setup should generally be considered as secondary.
- Collection cups offer greater mobility and are more discreet, but are notorious for leaving milk behind and shouldn't be used for more than half of the total sessions within a 24hr period.
- Read the [Collection Cup Review](#) for Kristen's personal take!



Page 13

- Freemie Standard Cups
- Freemie SlimFit6 Cups
- Freemie SlimFit5 Cups



Page 14

- Legendary Milk Collection Cups
- Zomee Collection Cups
- BabyBuddha Collection Cups



Page 15

- Phanpy Milk Collector Cups S2
- Medela Collection Cups
- Nenesupply Collection Cara Cups



Page 16

- Momcozy Collection Cups
- Elvie Stride Collection Cups
- Spectra CaraCups



Page 17

- Rumble Tuff Go-Cups
- Rumble Tuff Slim-Cups
- Idaho Jones Pump-a-Collect

COLLECTION CUPS

Compared

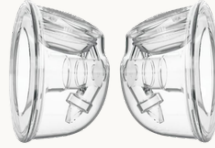
An alternative milk collection option to a flange + bottle setup, commonly used in hacks

Brand & Model	Freemie Standard Cups	Freemie SlimFit6 Cups	Freemie SlimFit5 Cups
			
Cost	\$79.99	\$79.99	\$79.99
Sold as Kit	yes	yes	yes
Kit Includes	• (2) 25mm Breast Flanges • (2) 28mm Breast Flanges • (2) Cups parts • (2) Valves • (2) Valve Bases • (2) Barriers • (3) Tubing parts • (1) Y-Connector	• (2) 30mm Breast Flanges • (2) 28mm SlimFit Inserts • (2) 25mm SlimFit Inserts • (2) Cup parts • (2) Valves • (2) Valve Bases • (2) Barriers • (2) L-Connectors • (3) Tubing pieces • (1) Y-Connector	• (2) 30mm Breast Flanges • (2) 28mm SlimFit Inserts • (2) 25mm SlimFit Inserts • (2) Cup parts • (2) Valves • (2) Valve Bases • (2) Barriers • (2) L-Connectors • (3) Tubing pieces • (1) Y-Connector
# of Parts	5	5	5
Capacity	8 oz	6 oz	5 oz
Size	4.45" w x 2.75" h	4.45" w x 2.15" h	4.45" w x 1.75" h
Flange Material	plastic	plastic	plastic
Flange & Inserts Size	Flanges: 25mm, 28mm	Flange: 30mm Inserts: 28mm, 25mm	Flange: 30mm Inserts: 28mm, 25mm
bmbf Likes	• Tapered shape with a flat base is steady when you take out	-	-
bmbf Dislikes	• Pretty pronounced when wearing	• Super flat flange, doesn't sit well on bigger breasts	• Super flat flange, doesn't sit well on bigger breasts
Other Things to Note	• Standard Cup flange size 28mm will hold any size Standard Fitmie, however, Standard Cup flange size 25mm will only hold sizes 15mm-23mm Standard Fitmie	• This cup style is slightly shallower than a standard breast flange but provides enough depth for most moms.	• Small and discreet. • If you tend to use stronger pump settings and/or have more elastic nipple tissue you may want to consider SlimFit6 or Standard Cups which have moderately deeper flanges.
bmbf Rating (1-5 highest)			
Purchase	BUY Freemie Standard Cups	BUY Freemie SlimFit6 Cups	BUY Freemie SlimFit5 Cups
Affil Code	n/a	n/a	n/a

COLLECTION CUPS

Compared

An alternative milk collection option to a flange + bottle setup, commonly used in hacks

Brand & Model	Legendary Milk Collection Cups	Zomee Collection Cups	BabyBuddha Collection Cups
			
Cost	\$59.99	\$59.99	\$59.99
Sold as Kit	yes	yes	yes
Kit Includes	• (2) 8 oz / 240ml Cups • (1) Y-shape tubing • (2) Silicone Membranes • (2) Membrane Caps • (2) 24mm & 28mm Breast Shields • (2) Valve Bases • (4) Duckbill Valves • (2) Tubing Adapter A & Adapter B	• (2) Silicone Hands-Free Cups • (2) Replacement Valves • (2) Diaphragms • (1) Tubing Set • (2) 19mm Breast Shield • (2) 21mm Breast Shield • (2) 24mm Breast Shield	• (2) Express Cups • (2) Silicone Diaphragm • (2) Inserts • (2) Duckbill Valves • (2) Silicone Flange • (2) Cup Covers
# of Parts	6	6	4
Capacity	8 oz	8 oz	8 oz
Size	?	?	?
Flange Material	silicone	silicone	silicone
Flange & Inserts Size	Flange: 24mm, 28mm Inserts (sizes 13, 15, 17, 19, 21mm) are available for purchase with cup set for an additional \$10	Flange: 19mm, 21mm, 24mm	Flange: [Choice of] 24/22mm OR 28/26mm (Insert sizes 17, 19, 21mm sold separately)
bmbf Likes	• Comfortable flange with a nice contour	• Comfortable silicone flange • Same design as BabyBuddha - parts are swappable • Similar design to Legendary Milk but pour spout and suction port are separate and backflow protector piece has male end nipple so connecting tubing is easy	• Comfortable silicone flange • Same design as Zomee - parts are swappable • Similar design to Legendary Milk but pour spout and suction port are separate and backflow protector piece has male end nipple so connecting tubing is easy
bmbf Dislikes	• Assembly is more difficult than others, includes extra piece. • Annoying to push tubing into suction port • Pour spout and suction port share the same location, possibility for milk to flow back into it	• Bulbous cup design	• Bulbous cup design
Other Things to Note	• Silicone is frosted.	-	-
bmbf Rating (1-5 highest)			
Purchase	BUY Legendary Milk Collection Cups	BUY on Zomee BUY on Amazon	BUY on BabyBuddha BUY on Amazon
Affil Code	n/a	KRISTEN15 (use link for code) n/a	BEMYBREASTFRIEND (use link for code) n/a

COLLECTION CUPS

Compared

An alternative milk collection option to a flange + bottle setup, commonly used in hacks

Brand & Model	Phanpy Milk Collector Cups S2	Medela Collection Cups	Nenesupply Collection Cups
			
Cost	\$42.99	\$89.99	\$69.99
Sold as Kit	yes	yes	yes
Kit Includes	• (2) 24mm Breast Shields • (2) Cups • (2) Duckbill Valves • (2) 20mm Inserts • (2) Top Covers • (2) Tee Joint Connectors • (2) Silicone Airbags • Tubing	• (2) Collection Cups • (2) 24mm Breast Shields + (2) O-rings already applied on the shield • (2) 21mm Breast Shields (without O-rings applied) • (2) Membranes • (2) Extension Tubing	• (2) 24mm Silicone Flanges • (2) Valves • (2) Membranes • (2) Sealing Caps • (2) Collectors • Tubing Set • (2) 19mm inserts • (2) 21mm inserts
# of Parts	6	3	5
Capacity	6 oz	5 oz	6 oz
Size	?	?	?
Flange Material	silicone	plastic	silicone
Flange & Inserts Size	Flange: 24mm Inserts: 20mm	Flange: 21mm, 24mm	Flange: 24mm Inserts: 19mm, 21mm
bmbf Likes	• A slim design but still has a fair flange tunnel length	• Easy to clean + assemble • Easy to hack • Very easy to pour • Lock together - the flange half has a nipple that locks into the molded shell half, thus they won't come apart in your bra	• Slim shape with a silicone flange • Effective at moving milk • Design has backflow protector cap with nipple port and same for suction inlet so very easy to connect
bmbf Dislikes	• After a few uses stopped being as effective in triggering a let-down • Plastic tunnel that connects to flange tunnel moves based on nipple movement which could lead to issues	• May experience sloshing in tunnel if you have a heavy/fast letdown. Doesn't backflow into bra and eventually releases into cup, but something to be aware of. • Smaller capacity (can fill to approx. 9 oz but not how they were intended to be used)	• Flange is 24mm but oversized compared to competitors so inserts are likely needed
Other Things to Note	• The bottom is stable and can stand on the desktop	• Order BMBF tubing adapter	• I NEED inserts to respond best to these cups, unlike other styles
bmbf Rating (1-5 highest)			
Purchase	BUY Phanpy Collector Cups S2	BUY Medela Collection Cups	BUY Nenesupply Collection Cups
Affil Code	n/a	n/a	n/a

COLLECTION CUPS

Compared

An alternative milk collection option to a flange + bottle setup, commonly used in hacks

Brand & Model			
Cost	\$79.99	Washable Parts Bundle - \$104.96 Connect Kit - \$39.99 TOTAL: \$144.95	\$67.79
Sold as Kit	yes	no, need to buy parts a la carte or bundle + kit listed	yes
Kit Includes	(2) Milk Collector Cups (2) 24mm Flanges (2) Duckbill Valves (2) Dust Covers (2) 21mm Flange Insert (2) 19mm Flange Insert (2) Caps (2) Tubing Sets	Washable Parts Bundle: (2) Cups (3) Valves (2) Diaphragms (2) Breast Shields Connect Kit: (2) Short Tubes (1) Long Tube (1) Tube Splitter (2) Caps	(2) Collection Cups (2) Flanges (2) Valve Connectors (2) Duckbill Valves (2) Membranes (2) Backflow Prevention Caps (2) Bottle Connectors (2) Tubing (2) Tube Adapter Ends
# of Parts	3	5	6
Capacity	7.8 oz	5 oz	8 oz
Size	?	?	?
Flange Material	Double Fit Flange - a unique soft and hard silicone dual-seal flange - inner flange resembles plastic	plastic	plastic
Flange & Inserts Size	Flange: 24mm Inserts: 19mm, 21mm	Flange: [Choice of] 21mm OR 24mm OR 28mm	Flange: [Choice of] 24mm OR 28mm
bmbf Likes	- Comfortable and have a plug - Cups are like fish tanks for your boobs - super easy to align - Tube + hockey puck like design are simple and effective	Cups have a low profile and a decent assembly design	-
bmbf Dislikes	- The backflow protector is all one part so you have to replace that entire half of the shell (= \$\$\$) - Bulbous fit in the bra - Not very hackable with other pumps	Not available in a kit and overly expensive to buy separately for a hack or when needing replacement	Bulbous cup with plastic flange leaves much to be desired
Other Things to Note	-	-	Valve Connector can be used with adapter so milk can be collected into bottles (sold separately)
bmbf Rating (1-5 highest)			
Purchase	BUY Momcozy Collection Cups	BUY Elvie Stride Washable Parts Bundle BUY Elvie Stride Connect Kit	BUY Spectra CaraCups
Affil Code	n/a	n/a	n/a

COLLECTION CUPS

Compared

An alternative milk collection option to a flange + bottle setup, commonly used in hacks

Brand & Model	Rumble Tuff Go-Cups	Rumble Tuff Slim-Cups	Idaho Jones Pump-a-Collect
			
Cost	\$59.99	Duo Sets - \$59.99 Single Sets - \$39.99	\$55.95
Sold as Kit	yes	yes	yes
Kit Includes	(2) Cups (2) 24mm Flanges (2) Diaphragms (2) Valves (2) Tubing (2) 21mm Inserts	(2) Cups (2 or 4) Flanges (2) Diaphragms (2) Plugs (2) Tubing (1) Brush (1) Drying bag	(2) Collection Cups (2) 24mm Flanges (2) Duckbill Valves (2) Valve Bases (2) Valves (Alternative to Duckbill Valves) (2) Membrane Caps (2) Membranes (4) Tubing Adapter A (4) Tubing Adapter B
# of Parts	4	3 (4 if counting plug)	6
Capacity	8 oz	5 oz	6 oz
Size	?	?	4.4 x 4.4 x 2.7"
Flange Material	plastic	plastic	silicone
Flange & Inserts Size	Flange: 24mm Insert: 21mm (Insert sizes 13, 15, 17, 19, 21mm available for purchase)	[Choice of] single or duo flange sets Single Sets: 13, 15, 17, 19, 21, 24mm Duo Sets: 15/17mm, 19/21mm	Flange: 24mm (Insert sizes 13, 15, 17, 18, 19, 21mm available for purchase)
bmbf Likes	-	-	-
bmbf Dislikes	- Flange has very deep slope, similar to the Willow 360. - Round boobs might not fit the flange slope comfortably	Super flat flange, doesn't sit well on bigger breasts	Bulbous cup
Other Things to Note	Flange slope might be comfortable for women with tubular breasts	-	-
bmbf Rating (1-5 highest)			
Purchase	BUY Rumble Tuff Go-Cups	BUY Rumble Tuff Slim-Cups	BUY Idaho Jones Pump-a-Collect
Affil Code	n/a	n/a	n/a

PASSIVE COLLECTORS

Compared

A silicone device that suctions to the breast to catch milk leaking during a session

- Passive collectors have no electric motor. **Passive pumps** use suction and can illicit milk removal. **Milk collectors** do not use suction and only catch milk leaking as an alternative to a nursing pad.
- Some passive collectors are shaped more like a traditional flange + bottle combo, while others are shaped like a collection cup and must be worn in a bra.
- Passive pumps should **NEVER** be used *in place of* an electric pump or *considered as an adequate* pumping or nursing session.



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- Boon Trove
- Save The Milk Pump Pod
- Muu Pump
- Elvie Curve
- Willow Wearable Passive Pump
- Momcozy Milk Collector

Page 19

- Haakaa Generation 1
- Haakaa Generation 2
- Haakaa Generation 3
- Medela Milk Collector
- Lansinoh Milk Collector
- Motif Manual Breast Pump

Page 20

- Haaka Shell
- Haaka Halo
- Haakaa Petal
- Haakaa Ladybug
- Elvie Catch
- Willow Catch-All

PASSIVE COLLECTORS

Compared

A silicone device that
suctions to the breast
to catch milk leaking
during a session

Brand & Model			
Cost	One Pack: \$16.99 Two Pack: \$27.99	\$24.99	\$49.99
Type	Passive Pump	Passive Pump	Passive Pump
Shape Style	Collection Cup	Flange and Bottle	Flange and Bottle
Capacity	3 oz	4.5 oz	5 oz
Other Things to Note	- Comes with silicone plug to help avoid any spillage - Available for purchase as one or two pack - Stands on the table top and pours out easily to help prevent spills during baby bottle transfers - Must be worn in bra The Top Choice per Kristen at bemybreastfriend!	- Sized like a traditional flange at 24mm with inserts sold separately for sizes 13mm, 15mm, 17mm, 19mm - Has suction bottom and stopper to avoid spilling - Because able to be used with inserts won't suck in the areola like other passive collectors which can cause damage and pain. The Runner Up per Kristen at bemybreastfriend!	Includes 2 pumps and 2 lids
Purchase	BUY Boon Trove	BUY Save The Milk Pump Pod	BUY Muu Pump
Brand & Model			
Cost	\$39.99	\$15.99	One Pack: \$15.30 Two Pack: \$23.99
Type	Passive Pump	Passive Pump	Passive Pump
Shape Style	Collection Cup	Collection Cup	Collection Cup
Capacity	4 oz	3 oz	3 oz
Other Things to Note	- Must be worn in bra - Comes with outer frame and inner pouch, so two parts to clean	Must be worn in bra	- Available in one or two packs - Able to stand up to avoid spilling
Purchase	BUY Elvie Curve	BUY Willow Wearable Passive Pump	BUY Momcozy Milk Collector

PASSIVE COLLECTORS

Compared

A silicone device that
suctions to the breast
to catch milk leaking
during a session

	Haakaa Generation 1	Haakaa Generation 2	Haakaa Generation 3
Brand & Model			
Cost	\$13.99	No Cap: \$19.99 / \$20.99 With Cap: \$26.53 / \$27.93	\$28.99 / \$30.99
Type	Passive Pump	Passive Pump	Passive Pump
Shape Style	Flange and Bottle	Flange and Bottle	Flange and Bottle
Capacity	4 oz	4 oz -OR- 5.4 oz	6 oz -OR- 9 oz
Other Things to Note	Depending on how used suction can be on the stronger side	- Has suction base that sticks to flat surfaces to prevent accidental spills - Available with a cap to help prevent spills for added cost	- Express directly into a detachable silicone bottle - Can swap out flange for range of optional interchangeable attachments - baby bottle nipples, and sealing disks
Purchase	BUY Haakaa Generation 1	BUY Haakaa Generation 2 (no cap) BUY Haakaa Generation 2 (with cap)	BUY Haakaa Generation 3
	Medela Milk Collector	Lansinoh Milk Collector	Motif Manual Breast Pump
Brand & Model			
Cost	\$14.69	\$15.99	\$11.99
Type	Passive Pump	Passive Pump	Passive Pump
Shape Style	Flange and Bottle	Flange and Bottle	Flange and Bottle
Capacity	3.4 oz	4 oz	4 oz
Other Things to Note	Features leak-proof stopper and lid, lanyard, and suction base provide added security during breast milk collection and storage	Adjustable strap and cap included to prevent spills	Comes with a cap to prevent spills
Purchase	BUY Medela Milk Collector	BUY Lansinoh Milk Collector	BUY Motif Manual Breast Pump

PASSIVE COLLECTORS

Compared

A silicone device that
suctions to the breast
to catch milk leaking
during a session

Brand & Model	Haaka Shell 	Haaka Halo 	Haakaa Petal 
Cost	One Pack: \$18.99 / \$34.99 Two Pack: \$19.99 / \$35.99	One Pack: \$17.99 Two Pack: \$33.49	\$22.99
Type	Passive Pump -OR- Milk Collector	Light Suction -OR- Milk Collector	Milk Collector
Shape Style	Collection Cup	Collection Cup	Collection Cup
Capacity	2.5 oz or 4 oz	3 oz	1 oz
Other Things to Note	• Increase suction by pushing on shell, decrease by pushing on valve • Available in one or two pack	• Available in one or two pack • Non-collapsing nipple chamber prevents compression and discomfort	• Comes with two • An alternative to nursing pads to save any leaking milk
Purchase	BUY Haaka Shell	BUY Haaka Halo	BUY Haakaa Petal
Brand & Model	Haakaa Ladybug 	Elvie Catch 	Willow Catch-All 
Cost	One pack: \$17.99 - \$19.90 Two pack: \$34.99 - \$37.69	\$24.99	\$17.99
Type	Milk Collector	Milk Collector	Milk Collector
Shape Style	Collection Cup	Collection Cup	Collection Cup
Capacity	1.4 oz, 2.5 oz or 5 oz	1 oz	1.8 oz
Other Things to Note	• Small feet on the base allow it to stand upright on flat surfaces • Wearable in bra like a collection cup • Has silicone plug to help avoid any spillage • Available for purchase as one or two pack	• Includes 2 collectors • No passive suction, only a collection cup • An alternative to nursing pads to save any leaking milk	• Not designed to create suction or trigger a letdown • An alternative to nursing pads to save any leaking milk • Comes with two cups
Purchase	BUY Haakaa Ladybug	BUY Elvie Catch	BUY Willow Catch-All

MANUAL PUMPS

Compared

A non-electric, hand-controlled pump typically designed with flange + bottle setup

- Manual pumps provide an effective way to move milk, while maintaining simplicity and allowing the user to control cycle speed and session length.
- A fantastic option to store in your pumping toolkit as a backup, a manual pump can come in handy should you not have access to power or if your rechargeable pump runs out of battery.
- Read the [Manual Pumps Comparison](#) for Kristen's personal take!



Page 21

- Medela Harmony
- Lansinoh Manual
- Frida Mom 2-in-1



Page 22

- Spectra Handy Plus
- Willow Wave
- Willow Wave 2-in-1

MANUAL PUMPS

Compared

A non-electric, hand-controlled pump typically designed with flange + bottle setup

Brand & Model	 Medela Harmony	 Lansinoh Manual	 Frida Mom 2-in-1
Cost	\$28.72	\$28.09	\$29.99
# of Parts	9 (including the bottle stand)	6	7 (not including passive collection setup)
Capacity	5 ounces	5 ounces	5 ounces
Flange Material	Plastic with soft rim	Plastic with soft rim	Soft feel?
What's Included	(1) Harmony breast pump (handle, diaphragm, stem with o-ring) (1) 24 mm PersonalFit Flex™ breast shield – oval shaped for better fit (1) 5 oz/150 mL breast milk storage bottle with lid (1) Valve & Membrane (1) Harmony Connector (1) Bottle stand	(2) ComfortFit® flanges (25 mm & 30.5 mm) (1) Lansinoh® breastmilk storage bottle (5 oz) (1) Manual Pump Body, stem, handle, and silicone diaphragm (1) White valve (1) Bottle cap and bottle collar (1) NaturalWave® slow-flow nipple (1) Bottle storage lid	(1) Silicone top with Fold and Flow tabs (1) Manual pump top with ergonomic handle (1) 24mm Soft Feel Flange (1) 5 fl oz food grade silicone bottle (2) Silicone valves with pull tab for easy removal (1) Lid
Other Things to Note	- Features 2-Phase Expression technology: Stimulation and Expression modes - Pairable with Medela Colostrum Collection and Feeding Kit (\$18.99) - Compatible with standard duckbills instead of included valve and membrane, such as Legendary Milk Duckbill Valves (\$12.99) - Compatible with aftermarket flanges, such as Idaho Jones Silicone Flanges (\$27.00) The Top Choice per Kristen at bemybreastfriend!	- Two phase technology switches easily between two pumping modes: Stimulation and Expression - Wide mouth connection, used with Lansinoh bottle and includes bottle nipple and lid - Compatible with aftermarket flanges but not duckbills The Runner Up per Kristen at bemybreastfriend!	- Unique DualSwap™ system transitions from controlled milk expression to hands-free milk collection (can be used as manual pump and passive collector) - Connects to Frida Mom Colostrum Pump Adapter (\$15.99) - Not compatible with other parts - Only has one mode
Purchase	BUY Medela Harmony	BUY Lansinoh Manual	BUY Frida Mom 2-in-1

MANUAL PUMPS

Compared

A non-electric, hand-controlled pump typically designed with flange + bottle setup

Brand & Model	Spectra Handy Plus 	Willow Wave 	Willow Wave 2-in-1 
Cost	\$30.49	\$34.99	\$59.99
# of Parts	6 (not including massager insert)	7	14
Capacity	5 ounces	4 ounces	5 ounces each cup (10 ounces total)
Flange Material	Plastic	Silicone	Silicone
What's Included	• (1) Spectra Silicone Massager Insert • (1) Spectra Duckbill Valve • (1) Spectra Hand-Pump Handle, Silicone Diaphragm, Diaphragm Link, Valve Head • (1) Spectra 24mm Flange (non-detachable) • (1) Spectra Hand-Pump Bottle with nipple, cap, disc, cover, and stand	• (1) 24mm Flange with splashguard and easy pour spout • (1) Container Back • (1) Gasket • (1) Valve • (1) Container Bowl • (1) Handle • Tubing	• (2) 24mm Flanges with splashguard and easy pour spout • (2) Container Backs • (2) Gaskets • (2) Valves • (2) Container Bowls • (1) Handle • (1) Tubing • (1) Tube Splitter • (1) Diaphragm Assembly
Other Things to Note	• Suction up to 350mmHg • Includes massager insert • Flange is not removeable	• Wearable in bra - collection cup design as opposed to a bottle + flange • Has two modes: Stimulation and Expression, which is controlled by a switch on the handle • Multipurpose collection cup that connects to 20+ traditional pumps • Pump is an open system	• First and only in-bra, double manual wearable pump • Has two modes: Stimulation and expression, which is controlled by a switch on the handle • Control pump manually in single or double configuration • Multipurpose collection cups that connect to 20+ traditional pumps • Pump is an open system
Purchase	BUY Spectra Handy Plus	BUY Willow Wave	BUY Willow Wave 2-in-1

FLANGE TYPES

Compared

WHAT IS A FLANGE...

Also known as a breast shield, a flange will:

- Create suction around the breast, drawing the nipple into the tunnel to express milk
- Contribute to the effectiveness of your pump
- Largely affect your milk supply
- Directly correspond to your level of comfort

FLANGE FIT IS IMPORTANT BECAUSE...

A poor fitting flange can cause harm, such as:

- Pain and damage to the nipple and areola from rubbing and friction
- Clogged ducts from inadequate removal
- Decrease in milk supply by not effectively emptying breasts

REASONS TO EXPLORE OTHER OPTIONS...

You may benefit from trying a different flange type if:

- Your breast size or shape doesn't fit provided flanges comfortably
- You have elastic tissue
- Your breasts are normally sensitive or you are post-op
- The flange you have been using is causing pain even if sized appropriately
- You suspect suction issues or milk being left behind

FLANGE MATERIAL TYPES

Plastic

- Commonly included with most pumps
- Rigid, provides consistent shape and seal
- Typically clear which allows for easy nipple placement and tracking milk flow
- Downfall is they can be uncomfortable for those with more sensitive breasts or who's tissues don't conform to rigidity

Silicone

- Can either include soft silicone rim or made entirely of silicone
- Designed to provide comfort to those who encounter challenges with plastic
- Soft edge and slight flexibility can create better seal with breast tissues
- Typically an aftermarket purchase

IMPORTANT

Most aftermarket flanges require a connector, depending on what pump you plan to use it with. Please reference the flange manufacturer directly for connector needs and options available.

FLANGE TYPES

Compared

Different types of aftermarket flanges available
& why they might offer a better fit for you



Page 23

- Maymom Classic
- Maymom Crater
- Maymom Saucer
- Maymom Comfy
- Maymom Pano
- LacTeck BabyMotion 4th Gen.



Page 24

- Nenesupply Classic
- Nenesupply Oval
- Nenesupply Soft
- Nenesupply Flex
- Idaho Jones Cushy Flanges
- Bare Motherhood BareShield

FLANGE TYPES

Compared

Different types of aftermarket flanges available & why they might offer a better fit for you

Brand & Model	Maymom Classic	Maymom Crater	Maymom Saucer
			
Cost	\$13.99+	\$14.99+	\$14.99+
Material	Plastic	Plastic	Plastic
Sizes Avail.	10-36 mm	10-24 mm	13-15 mm
Other Things to Note	• 90 degree • Traditional design used for decades • Easy to clean and maintain • Smooth edge to optimize pumping output	• 79-128 degree • Best for bowl-like shaped breast • Less pressure and pains on the breast • Create better seal during pumping	• 115-105 degree • Wide-angle design to accommodate various breast shapes. • During engorgement, the breast does not need to be forced into the flange. • The shallow depth minimizes contact and discomfort on the breast tissue.
Purchase	BUY Maymom Flanges		
Brand & Model	Maymom Comfy	Maymom Pano	LacTeck BabyMotion 4 th Gen.
			
Cost	\$14.99+	\$15.99+	\$29.99
Material	Plastic with TPE Edging	Plastic with TPE Edging	Silicone
Sizes Avail.	15-24 mm	12-28 mm	12, 15, 18, 21, 24, 27mm
Other Things to Note	• 90 degree • Built-in soft cushion • Longer tunnel to take in elastic nipples • Same flange opening angle as Classic Series	• 105 degree • Wider flange opening angle to pamper breasts of larger or flatter contour • Longer tunnel to take in elastic nipples • Increased cup volume to 200% to have larger part of bust covered and supported • Rotatable and elliptical-shaped soft rim adapts easily to different shapes of breasts"	• First and only flange that transforms pumping into nursing by mimicking a baby's suckling motions. • Stimulates nipple and areola, increases pumping efficiency. • Ultra-soft, flexible silicone that moves with the body. • Built for privacy, updated with a semi-transparent material. • Reduces pain and increases output. • Suitable for elastic nipples and everyday pumping. • Flange sizing is slightly different from other brands, so offer a one-time free new sized flange
Purchase	BUY Maymom Flanges		BUY LacTeck BabyMotion 4th Gen

FLANGE TYPES

Compared

Different types of aftermarket flanges available & why they might offer a better fit for you

Brand & Model	Nenesupply Classic	Nenesupply Oval	Nenesupply Soft
Cost	\$13.99+	\$14.99+	\$14.99+
Material	Plastic	Plastic	Plastic
Sizes Avail.	17, 19, 21, 24, 27, 28mm	13, 15, 17, 19, 21, 24, 27, 30mm	17, 19, 21, 24mm
Other Things to Note	• Old Time Favorite: easy to clean and maintain • Longer Tuner: Suitable for long nipples • Smooth Tunnel Angle: minimize nipple soreness • Smooth Shield Edge: no rubbing on delicate skin • Detachable 2-piece Shields	• Wider Angle (105 degree): pressure-free seal. Nipples are closer to the tunnel for proper seal. Reduce pressure while pumping. • Oval Shape: allows for 360 degree rotations. rotatable for different breast shapes • Soft Edge: gentle touch against delicate skin	• Detachable soft silicone cushion • Massage while pumping • Longer tunnel and smooth angle. Suitable for long nipples.
Purchase	BUY Nenesupply Flanges		
Brand & Model	Nenesupply Flex	Idaho Jones Cushy Flanges	Bare Motherhood BareShield
Cost	\$14.99+	\$27.00	\$34.99
Material	Plastic	Silicone	Silicone
Sizes Avail.	13, 15, 17, 19, 21, 19, 24mm	13, 15, 17, 19, 21, 24, 27, 30mm	12, 15, 18, 21, 24mm
Other Things to Note	• Includes a soft and built-in extension to hard plastics. • Soft on Skin: gentle touch against delicate skin • Soft on Nipple: silicone inserts for smaller nipple sizes	• Softer feel than standard hard plastic flanges • Keeps nipples in place & prevents them from travelling into the tunnel • Avoids nipple damage and ensures a comfortable and efficient pumping session • Great for elastic, bulbous, or sensitive nipples • Helps get a more comfortable seal • Available in a wider size range, including smaller sizes	• Adapts to all breast shapes and provides efficient breast emptying • Friction-minimizing design ensures optimal suction and fit to provide a more effective pumping experience
Purchase	BUY Nenesupply Flanges	BUY Idaho Jones Cushy Flanges	BUY Bare Motherhood BareShield