

# How to Find a Pump You LOVE

RESOURCE GUIDE

## Helpful Links

- [Aeroflow Breast Pump Comparison Chart](#)
- [Best Breast Pumps Breakdown](#)
- [Flange Sizing Guide](#)
- [Flange Sizing & Purchasing Guide](#)
- [Nipple Ruler](#)

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# How to Find a Pump You LOVE

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# How to Find a Pump You LOVE

## Class Notes

### How will you be using your pump?

- Consider how often you will be pumping (occasionally or on a regular basis).
- **Occasional pumping:**
  - Appointments, running errands, date night, etc.
- **Regular pumping:**
  - Work, school, or frequently apart from baby for several hours.

### Questions to Consider

- Will you have time to sit down and pump or do you need a portable option?
- Will you have access to an outlet?
- How long is your workday?
- Do you have a long commute?
- Do you plan on exclusively pumping?
  - [Aeroflow Breast Pump Comparison Chart](#)
  - [Best Breast Pumps Breakdown](#)



## Popular Pump Features

- **Closed System:** pumps that have a barrier to prevent milk from entering the tubing and motor.
- **Letdown/Massage Mode:** quick, light suction that help stimulate your milk to start flowing.
- **Expression Mode:** the slower, deeper suction that remove milk once it starts flowing.
- **Cycle/Speed:** the number of “sucks” per minute.
- **Vacuum:** the level of suction applied during each cycle.
- **Night Light/Backlit Screen:** convenient when pumping at night.
- **Timer:** an easy way to keep track of how long you have been pumping.
- **Flange Size:** funneled part of the breast pump that touches your breast.
  - [Flange Sizing Guide](#)
  - [Flange Sizing & Purchasing Guide](#)
  - [Nipple Ruler](#)

## Manual Pumps

- Great as a backup option.
- Silicone pump examples:
  - **Motif, Haakaa, Lansinoh**
    - Can be used to relieve engorgement or catch letdown.
- **Medela Harmony**
  - Occasional pumping or engorgement relief.
  - Great for on the go.



## Stationary Pumps with Wall Plug

- Highly effective.
- **Spectra S2 and Motif Luna**
  - Best for exclusive pumping or everyday pumping.
  - Independent vacuum and cycle adjustments.
- **Medela Pump in Style Max Flow**
  - Best for occasional pumping.
  - Not as efficient at milk removal.
  - Easy to operate and convenient size.

## Stationary Pumps with Rechargeable Battery Option

- Useful if you don't have access to an outlet.
- **Spectra S1 and Motif Luna with battery**
  - Same features as Spectra S2/Motif Luna and a rechargeable battery.
- **Lansinoh Smartpump 3.0**
  - Best for occasional pumping.
  - Not as efficient at milk removal.
  - Small size with Bluetooth enabled app to track pumping sessions.



## Portable Pumps

- Small, lightweight and great for pumping on the go.
- Great companion to a standard pump if exclusively pumping or pumping regularly; not meant to maintain milk supply if used alone.
- **Motif Duo**
  - Timer and backlit LCD screen.
  - Memory mode that remembers your settings.
  - Can be used with Freemie Hands-Free Cups or Spectra CaraCups.
  - Comes with a free hands-free pumping bra.
- **Zomee Z2**
  - Zomee Hands-Free Collection Cups available in 24mm and 28mm.
  - Timer and night light with backlit LCD screen.
- **Medela Freestyle Hands-Free**
  - Wall plug and rechargeable; USB-C charging option.
  - Can use collection cups or Freestyle Flex parts.
  - MyMedela App tracks pump sessions and manually input milk volumes.
- **Elvie Stride**
  - Syncs with Elvie app with programmable timer.
  - Ultra wearable cups that hold 5 oz each.
  - Belt clip for small pump hub.



## Wearable Pumps

- Can be worn inside a bra for concealed pumping.
- No tubing; self-contained unit.
- Not designed to maintain milk supply alone.
- Can be a companion pump to a standard pump if pumping regularly.
- Correct flange sizing is crucial when using a wearable pump.
- **Motif Aura**
  - User friendly.
  - Motif Aura app with timer and pump alarm feature.
  - Reusable containers hold 4 oz each.
- **Willow 360**
  - Willow Gen 3 app needed for pump to run.
  - Automatic milk volume tracking and timer available.
  - Reusable containers or disposable bags each holding 4 oz.
  - Can pump in any position with bag option.
- **Elvie**
  - Highly effective wearable pump.
  - Elvie app available but not required to run pump.
  - Automatic milk volume tracking and timer.
  - Reusable 5 oz pump container.
- **Lansinoh Wearable Pump**
  - Reusable 8 oz pump containers.

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