





traditional breast pump comparison chart







	 Motif Luna with Battery	 Motif Duo with Bra	 Motif Twist
insurance coverage	*covered by most insurances	*covered by most insurances	*covered by most insurances
Type of Breast Pump	Traditional Breast Pumps are electric pumps designed for powerful, efficient pumping sessions. Milk is pumped into collection bottles that attach to flanges/shields. Hands-free Breast Pumps (also known as wearable) are ultra-portable electric pumps that collect the milk into cups worn inside your bra. Because hands-free pumps are meant to be lightweight and compact, the motor might not be as powerful as a traditional breast pump.		
	Traditional	Traditional	Traditional
Massage / Stimulation / Letdown Mode	Massage/Stimulation Mode is a setting on your breast pump that mimics the fast, fluttering suckling of a baby to stimulate your milk-flow (letdown). The breast pump will suck and release at more cycles per minute than in expression mode. The vacuum level (strength of suction) does not get as intense as it can in expression mode.		
	5 massage levels	10 massage levels	Uses a dial to turn suction up or down instead of set levels
Expression / Suction Mode	Expression Mode is used once milk starts flowing. The breast pump will have a slower but stronger suction.		
	12 expression levels	10 expression levels	Uses a dial to turn suction up or down instead of set levels
Suction Level	Suction Level is measured in mmHg (millimeters of mercury), which is the standard unit of measuring vacuum pressure.		
	280 mmHg maximum	250 mmHg maximum	250 mmHg maximum
Noise Level	FYI - The average conversation noise level is 60 decibels (dB).		
	<40 dB	55 dB	45 dB
Flange/Shield/Insert Size Included with Pump	The Flange/Shield/Insert is the plastic or silicone part that is placed on the breast in order for breast milk to be expressed. The right size flange should allow the milk to flow well and should be comfortable while using the pump at medium to maximum suction level. 🍼 It is important to make sure that the breast pump you select offers the size Flange/Shield/Insert you need. 🍼		
	24mm / 28mm	21mm / 24mm / 27mm	24mm
Flange/Shield/Insert Sizes Available	16mm / 19mm / 21mm / 27mm / 32mm	32mm	28mm / 32mm
Bottle/Cup Capacity	5.4 oz	6 oz	4.7 oz
BPA Free	Yes	Yes	Yes
Weight	2 lbs	0.6 lbs	0.7 lbs
Dimensions	7"L x 8"W x 2.25"H	2.8"W x 1.8"D x 4.3"H	4" W x 3.25" H
Adapter / Battery Pack	Power adapter & built-in rechargeable battery	Power adapter & built-in rechargeable battery	Power adapter & 4 AA batteries (batteries not included)
Battery Life	2+ hours	2.5 hours	N/A
Digital Display	Yes	Yes	No
Bluetooth / App	No	No	No
Warranty	Two year warranty on pump motor, 90-day warranty on parts	Two year warranty on pump motor, 90-day warranty on parts	Two year warranty on pump motor, 90-day warranty on parts

This information has been gathered from the websites, user manuals and customer service representatives of each breast pump company.

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	 Zomee Z2	 Baby Buddha 2.0	 Spectra 9 Plus
insurance coverage	*covered by most insurances	*insurance upgrade	*covered by most insurances
Type of Breast Pump	Traditional Breast Pumps are electric pumps designed for powerful, efficient pumping sessions. Milk is pumped into collection bottles that attach to flanges/shields. Hands-free Breast Pumps (also known as wearable) are ultra-portable electric pumps that collect the milk into cups worn inside your bra. Because hands-free pumps are meant to be lightweight and compact, the motor might not be as powerful as a traditional breast pump.		
	Traditional	Traditional	Traditional
Massage / Stimulation / Letdown Mode	Massage/Stimulation Mode is a setting on your breast pump that mimics the fast, fluttering suckling of a baby to stimulate your milk-flow (letdown). The breast pump will suck and release at more cycles per minute than in expression mode. The vacuum level (strength of suction) does not get as intense as it can in expression mode.		
	3 modes and 19 different suction levels	6 levels of new Soft Stimulation & 6 Classic Stimulation levels	5 massage levels
Expression / Suction Mode	Expression Mode is used once milk starts flowing. The breast pump will have a slower but stronger suction.		
	3 modes and 19 different suction levels	9 Expression levels	10 expression levels
Suction Level	Suction Level is measured in mmHg (millimeters of mercury), which is the standard unit of measuring vacuum pressure.		
	260 mmHg maximum	320 mmHg maximum	260 mmHg maximum
Noise Level	FYI - The average conversation noise level is 60 decibels (dB).		
	40 dB	55 - 60 dB	45 dB
Flange/Shield/Insert Size Included with Pump	The Flange/Shield/Insert is the plastic or silicone part that is placed on the breast in order for breast milk to be expressed. The right size flange should allow the milk to flow well and should be comfortable while using the pump at medium to maximum suction level. 🍼 It is important to make sure that the breast pump you select offers the size Flange/Shield/Insert you need. 🍼		
	24mm / 28mm	22mm / 24mm	24mm
Flange/Shield/Insert Sizes Available	15mm / 17mm / 19mm / 21mm / 32mm	21mm / 28mm / 32mm	20mm / 28mm / 32mm
Bottle/Cup Capacity	140 ml	4.8 oz	160 ml
BPA Free	Yes	Yes	Yes
Weight	0.5 lbs	3.75 lbs	0.5 lbs
Dimensions	8"L x 8"W x 8"H	5.5" x 2"	4.75L x 2.75"W x 1.5"H
Adapter / Battery Pack	Built-in rechargeable battery / Power Adapter	USB charging cable & built-in rechargeable battery	Built-in rechargeable battery & Power adapter
Battery Life	2 hours	1 hour	2.5 hours
Digital Display	Yes	Yes	Yes
Bluetooth / App	No	No	No
Warranty	Two year warranty on pump motor, 90-day warranty on parts	One year warranty on pump motor, 90-day warranty on parts	Two year warranty on pump motor, 90-day warranty on parts

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	 Spectra S1 Plus	 Spectra S2 Plus	 Spectra Synergy Gold Portable
insurance coverage	*insurance upgrade	*covered by most insurances	*insurance upgrade
Type of Breast Pump	Traditional Breast Pumps are electric pumps designed for powerful, efficient pumping sessions. Milk is pumped into collection bottles that attach to flanges/shields. Hands-free Breast Pumps (also known as wearable) are ultra-portable electric pumps that collect the milk into cups worn inside your bra. Because hands-free pumps are meant to be lightweight and compact, the motor might not be as powerful as a traditional breast pump.		
	Traditional	Traditional	Traditional
Massage / Stimulation / Letdown Mode	Massage/Stimulation Mode is a setting on your breast pump that mimics the fast, fluttering suckling of a baby to stimulate your milk-flow (letdown). The breast pump will suck and release at more cycles per minute than in expression mode. The vacuum level (strength of suction) does not get as intense as it can in expression mode.		
	5 massage levels	5 massage levels	5 massage levels
Expression / Suction Mode	Expression Mode is used once milk starts flowing. The breast pump will have a slower but stronger suction.		
	12 expression levels	12 expression levels	12 expression levels
Suction Level	Suction Level is measured in mmHg (millimeters of mercury), which is the standard unit of measuring vacuum pressure.		
	270 mmHg maximum	270 mmHg maximum	270 mmHg maximum
Noise Level	FYI - The average conversation noise level is 60 decibels (dB).		
	45 dB	45 dB	45 dB
Flange/Shield/Insert Size Included with Pump	The Flange/Shield/Insert is the plastic or silicone part that is placed on the breast in order for breast milk to be expressed. The right size flange should allow the milk to flow well and should be comfortable while using the pump at medium to maximum suction level. 🍷 It is important to make sure that the breast pump you select offers the size Flange/Shield/Insert you need. 🍷		
	24mm / 28mm	24mm / 28mm	24mm / 28mm
Flange/Shield/Insert Sizes Available	20mm / 32mm	20mm / 32mm	20mm / 32mm
Bottle/Cup Capacity	160 ml	160 ml	160 ml
BPA Free	Yes	Yes	Yes
Weight	3 lbs	2.5 lbs	1.5 lbs
Dimensions	7.9"L x 7.9"W x 6.7"H	7.9"L x 7.9"W x 6.7"H	7.375" x 4" x 3.5"
Adapter / Battery Pack	Built-in rechargeable battery & Power adapter	Power adapter	Built-in rechargeable battery & Power adapter
Battery Life	3 hours	N/A	2 hours
Digital Display	Yes	Yes	Yes
Bluetooth / App	No	No	No
Warranty	Two year warranty on pump motor, 90-day warranty on parts	Two year warranty on pump motor, 90-day warranty on parts	Two year warranty on pump motor, 90-day warranty on parts

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	 Spectra Synergy Gold	 Medela Pump In Style	 Ameda Mya Joy
insurance coverage	*insurance upgrade	*covered by most insurances	*covered by most insurances
Type of Breast Pump	Traditional Breast Pumps are electric pumps designed for powerful, efficient pumping sessions. Milk is pumped into collection bottles that attach to flanges/shields. Hands-free Breast Pumps (also known as wearable) are ultra-portable electric pumps that collect the milk into cups worn inside your bra. Because hands-free pumps are meant to be lightweight and compact, the motor might not be as powerful as a traditional breast pump.		
	Traditional	Traditional	Traditional
Massage / Stimulation / Letdown Mode	Massage/Stimulation Mode is a setting on your breast pump that mimics the fast, fluttering suckling of a baby to stimulate your milk-flow (letdown). The breast pump will suck and release at more cycles per minute than in expression mode. The vacuum level (strength of suction) does not get as intense as it can in expression mode.		
	5 massage levels	10 levels in total between the massage and expression modes	6 massage levels
Expression / Suction Mode	Expression Mode is used once milk starts flowing. The breast pump will have a slower but stronger suction.		
	15 expression levels	10 levels in total between the massage and expression modes	12 expression levels
Suction Level	Suction Level is measured in mmHg (millimeters of mercury), which is the standard unit of measuring vacuum pressure.		
	270 mmHg maximum	240 mmHg maximum	250 mmHg maximum
Noise Level	FYI - The average conversation noise level is 60 decibels (dB).		
	45 dB	58 dB	45 dB
Flange/Shield/Insert Size Included with Pump	The Flange/Shield/Insert is the plastic or silicone part that is placed on the breast in order for breast milk to be expressed. The right size flange should allow the milk to flow well and should be comfortable while using the pump at medium to maximum suction level. 🍼 It is important to make sure that the breast pump you select offers the size Flange/Shield/Insert you need. 🍼		
	24mm / 28mm	24mm	25mm / 28.5mm
Flange/Shield/Insert Sizes Available	20mm / 32mm	21mm / 27mm / 30mm	21mm / 22.5mm / 30.5mm
Bottle/Cup Capacity	160 ml	5 oz	4 oz
BPA Free	Yes	Yes	Yes
Weight	4.2 lbs	1.2 lbs	0.5 lbs
Dimensions	8.5"L x 8.5"W x 8.5"H	13.14"L x 6.13"W x 9.08"H	7" x 5.50" x 8"
Adapter / Battery Pack	Power adapter	Power adapter & 8 AA batteries (batteries not included)	Power adapter & 4 AA batteries (batteries not included)
Battery Life	N/A	N/A	N/A
Digital Display	Yes	No	Yes
Bluetooth / App	No	No	No
Warranty	Two year warranty on pump motor, 90-day warranty on parts	One year warranty on pump motor, 90 day warranty on parts	Two year warranty on pump motor, 90-day warranty on parts

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	 Ameda Mya Joy Plus	 Evenflo Deluxe Advanced	 Lansinoh Smartpump 3.0
insurance coverage	*covered by most insurances	*covered by most insurances	*covered by most insurances
Type of Breast Pump	Traditional Breast Pumps are electric pumps designed for powerful, efficient pumping sessions. Milk is pumped into collection bottles that attach to flanges/shields. Hands-free Breast Pumps (also known as wearable) are ultra-portable electric pumps that collect the milk into cups worn inside your bra. Because hands-free pumps are meant to be lightweight and compact, the motor might not be as powerful as a traditional breast pump.		
	Traditional	Traditional	Traditional
Massage / Stimulation / Letdown Mode	Massage/Stimulation Mode is a setting on your breast pump that mimics the fast, fluttering suckling of a baby to stimulate your milk-flow (letdown). The breast pump will suck and release at more cycles per minute than in expression mode. The vacuum level (strength of suction) does not get as intense as it can in expression mode.		
	6 massage levels	9 levels in total between the massage and expression modes	3 pumping styles that mimic feeding patterns / 8 levels of each style
Expression / Suction Mode	Expression Mode is used once milk starts flowing. The breast pump will have a slower but stronger suction.		
	12 expression levels	9 levels in total between the massage and expression modes	3 pumping styles that mimic feeding patterns / 8 levels of each style
Suction Level	Suction Level is measured in mmHg (millimeters of mercury), which is the standard unit of measuring vacuum pressure.		
	250 mmHg maximum	250 mmHg maximum	280 mmHg maximum
Noise Level	FYI - The average conversation noise level is 60 decibels (dB).		
	45 dB		
Flange/Shield/Insert Size Included with Pump	The Flange/Shield/Insert is the plastic or silicone part that is placed on the breast in order for breast milk to be expressed. The right size flange should allow the milk to flow well and should be comfortable while using the pump at medium to maximum suction level. 🍼 It is important to make sure that the breast pump you select offers the size Flange/Shield/Insert you need. 🍼		
	25mm / 28.5mm	24.5mm / 28mm / 30.5mm	25mm / 28mm / 30.5mm
Flange/Shield/Insert Sizes Available	21mm / 22.5mm / 30.5mm	21mm / 33mm / 36mm	21mm / 36mm
Bottle/Cup Capacity	4 oz	5 oz	5 oz
BPA Free	Yes	Yes	Yes
Weight	0.7 lbs	2.8 lbs	4.5 lbs
Dimensions	110 x 93 x 55mm (L x W x H)		
Adapter / Battery Pack	Power adapter, USB cable & built-in rechargeable battery	Power adapter & 6 AA batteries (batteries not included)	Power adapter, rechargeable battery (sold separately)
Battery Life	2 hours	N/A	N/A
Digital Display	Yes	No	Yes
Bluetooth / App	No	No	Yes
Warranty	Two year warranty on pump motor, 90-day warranty on parts	Two year warranty on the pump motor, 90 day limited warranty on parts	One year warranty on pump motor, 90-day warranty on parts

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