

Genuine Lactation's Pump Recommendations



The best pump for you is always going to be the one that has the settings and strength that meet your needs. Your body's response, your milk supply, and your goals heavily factor into these recommendations. There is no one perfect pump for everyone- but there is likely the perfect pump for you out there!

Updated Last November 2023

Jessica's Thoughts:	Love it- these are pumps that almost always work well. There are limited quality issues. They perform consistent with their advertising. Less than 10% of users will be unable to produce milk consistent with their personal milk supply when used appropriately and optimally.	Love it but..... These are the pumps that almost meet the love it criteria but there is a unique feature of the pump that could make it not ideal for a slightly higher number of people. 75% of users or more can expect that they could work well for them.	It's okay...These pumps are alright. They tend to perform reasonable well but have quality issues or features that reduce the number of moms who see the desired results from them. Most moms will be satisfied enough to use these, but could see better results with other pumps. 1 in 4 can reasonably expect they will need more from a pump than these can offer. The circumstances surrounding their use may influence results- occasional use may prove to be alright, consistent use may be a flop.	Hard pass. These pumps fail to perform for a large number of moms. They may be known to ruin milk supply. They may have significant quality control issues and a high rate of failure. Or worse- their customer service may fail to support the pump so significantly we can't recommend the product in good faith as even okay.	New technology that's intriguing but risky.
Larger Breast Pumps	Limerick Joy, Limerick PJ's Comfort, Spectra s1, Unimom Opera, Medela Symphony, Ameda Platinum	Spectra Synergy Gold, Spectra s2, Pumpables Super Genie, Lansinoh Smart Pump 3.0, Medela Sonata	Motif Luna, Cimilre s6, Dr. Brown's Pump, Evenflo Advance Pump, Synergy Portable Gold	Medela Maxflow, Lansinoh Signature Pro	Babyation Pump
Portable Pumps	Baby Buddha, Pumpables Genie Advance	Elvie Stride, Ardo Alyssa, Zomee Z2, Medela Freestyle	Tomme Tippee Portable, NCVI portables, Bella Baby portables, Spectra s9, Medela Swing Maxi, Freemie Independence, Freemie Liberty, Freemie Rose, Legendairy Duette	Ameda Mya Joy, Phillips Avent Double Electric, Motif Twist, Momcozy v1 and v2 (warranty concerns)	
Wearable Pumps	****Wearable technology is not at a point that we have one that meets these strict criteria currently.****	Willow 3.0, Willow Go, Tommee Tippee Wearable, Elvie Wireless, Zomee Fit	Mommed s21, Imani i2, Idaho Jones Wearable	Momcozy s9, s12, s9 pro, s12 pro, m5 (warranty concerns)	Motif Aura, Lansinoh Wearable, Momcozy M5

For more information about any particular pump please schedule a one on one consultation to discuss your pumping needs and goals.