

Best Breast Pumps of 2026

We asked 40 breastfeeding parents to help us evaluate electric, portable, and wearable models from popular brands, including Medela, Momcozy, Motif, and Spectra

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April 30, 2026

Whether you're breastfeeding, combination feeding, or exclusively pumping, your breast pump can be a helpful (though perhaps not exactly beloved) tool. With a breast pump, you'll be able to ensure you have milk available when you're not able to breastfeed, like when you're running errands, heading back to work, or traveling. But, like breastfeeding itself, breast pumps often come with a steep learning curve—and some are easier to use (and clean!) than others.

Consumer Reports recruited 40 users of popular double electric breast pumps, wired breast pumps, and wearable breast pumps to assess their experiences using the pumps, including what they like—and dislike. We found that some breast pumps have standout features or key flaws that are worth noting, whether you're buying one yourself, ordering one through your insurance, or putting one on your baby shower registry.

Below, see our Top Picks, plus how we evaluated the best breast pumps. We've included a few of the top-scoring wearable breast pumps here, but if you're looking for more options from Eufy, Lansinoh, Momcozy, and Willow, take a look at all the wearable breast pumps we've rated.

How We Evaluated Breast Pumps

We enlisted 40 lactating parents to learn about their personal experiences with several popular traditional double electric breast pumps from Motif Medical and Spectra, plus wired portable pumps from Medela and Zomee, as well as wearable pumps from Elvie, Lansinoh, Momcozy, Willow, and others. We recruited a mix of first-time and experienced pump



We worked with a mix of first-time pump and experienced pump users to learn about their experiences using a variety of breast pumps, including these models from (clockwise from left) Zomee, Elvie, Medela, and Spectra.

Photos: Manufacturers

users. All participants obtained their pumps within a year of the study and used them frequently—typically several times a day.

We asked our participants to score their breast pumps according to a number of factors that affect ease of use and comfort. Questions our participants considered include:

- How easy is the initial and current setup of the pump?
- How easy is the pump to use? Is it comfortable?
- Is the sound of the pump bothersome?
- Did the pump's different use modes and motor speed levels meet your needs?
- How easy is it to clean the pump?

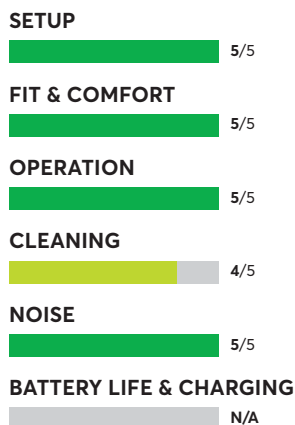
Best Traditional Breast Pumps

Traditional breast pumps typically have a powerful motor that offers a wide variety of suction levels,

speeds, and expression modes. These pumps usually run on a wall adapter, though some are now available with a battery pack. They tend to be reliable and dependable, though they are not designed for use on-the-go like a portable pump or wearable pump.

Motif Medical Luna Double Electric Breast Pump (without battery)

User Experience Scores



Shop: Motif, Amazon, Walmart, Babylist

Pump weight (claimed): Under 2 lb.

Expression modes and suction levels: 2 modes (massage, expression); 12 suction levels

Milk collector capacity (claimed): 6 oz.

Flange/flange insert sizes: 21mm and 24mm flanges

Battery available: Yes, as separate purchase

The Luna pump from Motif Medical scored highest in our evaluations for traditional pumps for being easy to set up, simple to use, comfortable, quiet, and easy to clean. It comes with two milk containers; it does not come with a carrying case, though the company sells a breast pump backpack separately. The pump has a visible timer and a display showing suction and speed settings. To operate the pump, it must be plugged into a wall outlet, though Motif also offers a battery version for the Luna, which is more expensive.

The Motif Luna is not wireless, but participants in our evaluations didn't find it particularly cumbersome. "It's pretty. It's compact. It doesn't take much space on my table. It's easy to use, although it's wired, it was long enough that I can move it. It's not heavy, it's not loud," said one user from California. "The buttons

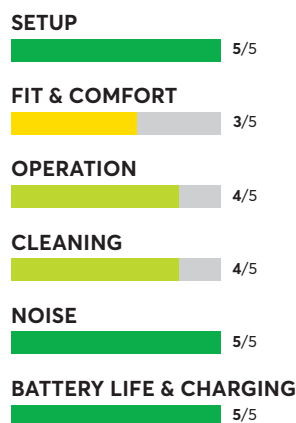
being on the top of the machine make it very easy for me to put it on a table or on a chair next to me or on the bed or nightstand," said a user from Florida.

Many found the Motif Luna quick and simple to use, and, for the most part, our participants reported little to no leakage. They also appreciated that it was good for nighttime pumping without disturbing their sleeping families. "Both my husband and infant sleep comfortably through my pumping. It's actually quite, quite low," said one participant of the sound.

Motif instructs users not to place parts that come into contact with the breast milk in the dishwasher, but nevertheless, participants found the pump unproblematic to clean, with one parent calling the cleaning process "super-easy." Most participants have recommended the Motif Luna to their breast-feeding friends, and said they'd buy the pump again for themselves in the future.

Spectra S1 Plus Premier Rechargeable Double Electric Breast Pump

User Experience Scores



Shop: Spectra, Amazon, Target, Walmart, Babylist

Pump weight (claimed): 3 lb.

Expression modes and suction levels: 2 modes (massage, expression); 12 suction levels; 5 cycle speed settings

Milk collector capacity (claimed): 5.4 oz.

Flange/flange insert sizes: 24mm and 28mm flanges

Battery available: Yes, included

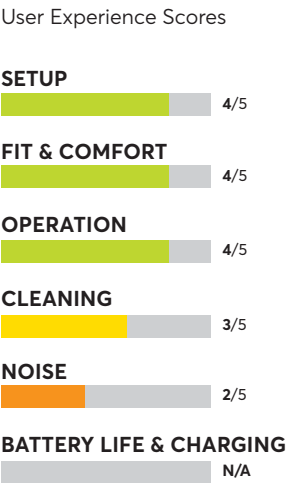
The Spectra S1 Plus Premier Rechargeable Pump

is the only traditional breast pump we looked at that comes with a rechargeable battery, which improves its portability. That said, most participants still end up using the pump primarily at home, finding it not very convenient for on-the-go use—the motor still weighs 3 pounds, the same as the plug-in Spectra S2 we tested, below. “[I] mostly [use it] at home, just sitting either in bed or on the couch. If I’m up walking around a lot, I don’t like the tubing and stuff so I like to use the portables more,” said one user in Kentucky.

All respondents told CR that they would buy the pump again in the future. “It’s a workhorse,” said one user in Massachusetts, who said she “depends on it.” Many others also use the Spectra S1 Plus Premier as their primary pump. “It’s just so reliable and gives you great output,” said a user in Arizona. “You know that you don’t have to worry about your supply over time when using this pump.”

The Spectra S1 offers 12 levels of suction and has massage and expression modes, and includes a built-in night-light. The noise level is minimal, users say. “I wouldn’t pump in a library where it’s silent, but it’s pretty quiet,” said one Pennsylvania user. Participants said that leakage was rare, and that the pump was very easy to assemble and disassemble for cleaning. In general, users said this pump is easy to clean, thanks to dishwasher-safe parts. A few participants mentioned they have multiple sets of pump parts to even further simplify cleaning between pumping sessions.

Spectra S1 Plus Premier Rechargeable Double Electric Breast Pump



- Shop:** Spectra, Amazon, Target, Walmart, Babylist
- Pump weight (claimed):** 2.5 lb.
- Expression modes and suction levels:** 2 modes (massage, expression); 12 suction levels; 5 cycle speed settings
- Milk collector capacity (claimed):** 5.4 oz.
- Flange/flange insert sizes:** 24mm and 28mm flanges
- Battery available:** No

The Spectra S2 Plus Premier is a full-featured traditional electric pump that offers an LED screen with a timer and night-light, 12 suction levels, five cycle speeds, and two expression modes. Participants describe the pump as very simple to set up and use. The pump remembers your last suction and speed settings so that you don’t have to reconfigure it with each use.

The Spectra S2 Plus Premier must be plugged into a wall outlet for use, which of course limits its portability. Most respondents said they primarily use the pump at home or at their office, and sometimes have to seek out a wall outlet, which isn’t very convenient.

But the milk output from the Spectra S2 Plus Premier seems to be a worthy trade-off for the lack of flexibility. “I feel like it works really good for me. I feel like I get a lot of good amount of output using my Spectra,” said a participant in Missouri. Most of our participants said they’d purchase the Spectra S2 pump again if given the chance, given its dependability.

“I mean, it feeds my baby. In fact, this is my second baby. It’s done a really great job at keeping up. I love it. It’s really helpful. It definitely works as intended, and I feel that it lived up to all the ratings and reviews that I’ve read about it,” said a user in New York.

While participants liked this pump overall, they had a few critiques. Some users reported a small amount of leakage, especially if you are leaning back while pumping. Others mentioned that the motor noise was “irritating” or “disturbing,” while still others said they found the sound to be soothing. “I feel like it just has that slow and steady rhythm. It’s not too loud, and it really actually just makes me calm while I’m pumping,” said the New York user.

In general, cleaning was not an issue, especially because the pump includes some parts that can be washed in the dishwasher. One participant

described the Spectra as easier to clean compared with wearables with more complex components. “I feel like it’s easier to clean than my wearable pump because these are all hard plastic for the most part,” said the Missouri user.

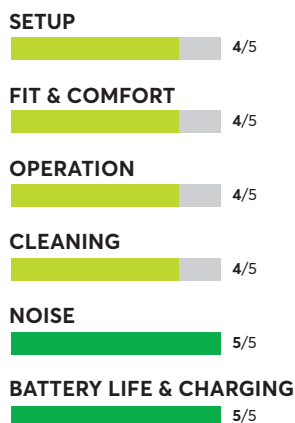
A note about the Medela Pump in Style Double Electric Breast Pump: We previously user-tested an older version of the Medela Pump in Style that performed well, rating 4 out of 5 for setup, ease of use, ease of cleaning, and usability. CR has not yet gathered data on the updated version of the pump, the Medela Pump in Style Pro+, released in August 2025.

Best Wired Portable Breast Pumps

A wired portable pump uses a battery pack to power a small motor, which connects via tubing to two milk collectors. It’s more portable than a traditional pump but may not be as easy to wear under clothing as a wearable breast pump, thanks to the tubing that connects the pump to the motor. Wired portable breast pumps may be a good option if you’re looking for a breast pump that offers strong suction and is more convenient to wear while doing other activities than a traditional breast pump.

Zomee Z2 Double Electric Breast Pump

User Experience Scores



Shop: Zomee, Amazon, Walmart, Babylist

Pump weight (claimed): Approximately 1 lb.

Expression modes and suction levels: 3 modes (stimulation, 2-phase, expression); 9 suction levels

Milk collector capacity (claimed): 4.75 oz.

Flange/flange insert sizes: 21mm, 24mm flanges

The Zomee Z2 is a portable wired breast pump that ranked well in our evaluations for simple setup, comfortable fit, quiet operation, and good battery life. The Zomee Z2 has a small, square-shaped motor that can generally fit in the palm of your hand (but isn’t quite pocket-sized). It comes with a lanyard to loop it around your neck or wrist, and two milk collection cups with flanges. There are two ways to make the Zomee Z2 hands-free. You can use the standard collection cups with a pumping bra or purchase the wearable collection cups separately, though results were mixed on those—some users who had tried the in-bra wearable cups said they tended to leak.

“They ended up not working, and they leaked quite a bit. So I just use the ones that clip into a pumping bra. So it’s still hands free, but it’s not like I can walk around and do stuff with it because it’s kind of just hanging out at my shirt,” said one user in California.

The Zomee Z2 offers three pumping modes, each with nine suction levels, a backlit display for nighttime feeding, and a quiet motor. Users said the battery lasted at least a day and a half to two days of pumping, and it’s possible to pump while charging the battery.

Users found that operating the pump was fairly simple, though it’s easy to accidentally bump the buttons on the touchscreen and inadvertently change settings.

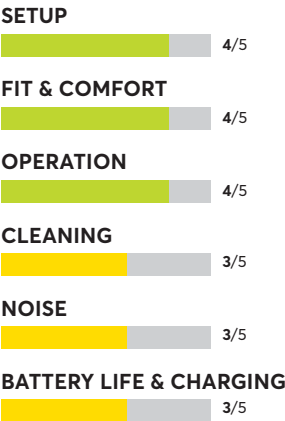
“It’s not hard to turn on and you’re not gonna accidentally turn it off, but you are gonna accidentally pause it or change the power or the mode or turn the light on. That’s all really easy to do by accident . . . so I do wish that it wasn’t a touchscreen and that they were actual buttons,” said the California user.

Cleaning was considered to be part of the routine of pumping, but not particularly easy. A few users found certain parts tedious or time-consuming to manage. “There’s just a lot of parts and I don’t enjoy cleaning it . . . it’s not super-hard but it’s not enjoyable,” said one user.

But the Zomee Z2 is generally quiet to use and nondisruptive, with participants comparing the sound to the hum of a refrigerator or dishwasher. “It’s kind of like a really loud cat,” said another user.

Medela Swing Maxi Hands-free Electric Breast Pump

User Experience Scores



- Shop:** Medela, Amazon, Target, Walmart, Babylist
- Pump weight (claimed):** 11.5 oz.
- Expression modes and suction levels:** 2 modes (stimulation, expression); 9 suction levels
- Milk collector capacity (claimed):** 5 oz.
- Flange/flange insert sizes:** 21mm and 24mm flanges

The Medela Swing Maxi is a portable, wired pump that features in-bra collection cups, making it somewhat lower-profile than traditional collection cups with flanges. The in-bra design also makes it hands-free without buying a separate pumping bra designed to hold the flanges in place. It’s not a true wearable breast pump, given that the motor connects to the in-bra cups with tubes. But it’s a more portable solution that still offers good suction, users say.

“I like this pump because of its power. The suction is good. I get a good amount of milk during each session. It’s definitely not the same as like a wall-powered, sit-down, be-tied-to-a-tube pump. Of course, you can always get more milk with those, the hospital-grade type. But I think for a portable pump, it’s really good,” says one user in Colorado.

The design of the Medela Swing Maxi does lend itself to more discreet pumping, but it’s not invisible, users say, though this seems to matter less to users than an effective pumping method. “The bulk that it adds is to be expected and I think for the quality of the pump and how well it works, it’s

worth it,” says the Colorado user.

Noise is also a factor: Most users described the Medela Swing Maxi as making a relatively quiet, repetitive, mechanical, or humming sound, and said the noise does not bother them, even at higher suction levels where the noise can get slightly louder. Most were able to pump in the same room as sleeping partners without issue.

The Medela Swing Maxi has two expression modes and nine suction levels. It can be connected to the Medela Family app to track pumping sessions, output, and suction, but because the motor also has buttons to control the cycles, not all users found themselves needing to use the app.

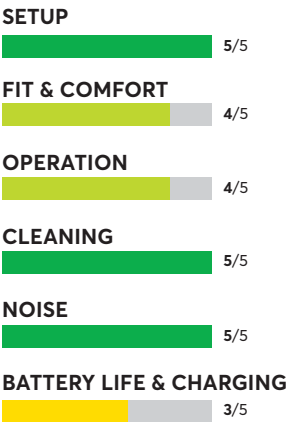
Cleaning the pump is relatively easy because the cups contain only three parts each, and they’re dishwasher safe (top rack only). But most users in our study opted to hand-wash the parts. “So I sanitize, sterilize it, and wash and dry it. And it’s super-simple,” said one New Jersey user.

Best Wearable Breast Pumps

A wearable breast pump typically uses a rechargeable motor built into the milk collection cups, which are designed to be worn inside a nursing bra or tank top for a hands-free experience. The bra holds the cups in position while pumping, and there’s no unwieldy tubing to manage. While some wearable breast pumps use a collection cup that can be adapted into a baby bottle, most wearable pumps will require you to decant the pumped milk into a separate bottle for feeding, adding an additional step.

Momcozy S12 Pro Wearable Breast Pump

User Experience Scores



Shop: Momcozy, Amazon, Target, Walmart, Babylist

Pump weight (claimed): 8.5 oz.

Expression modes and suction levels: 3 modes (stimulation, expression, mixed); 9 suction levels

Milk collector capacity (claimed): 6 oz.

Flange/flange insert sizes: 24mm flanges included

The Momcozy S12 Pro Wearable Breast Pump scored highly in setup, cleaning, and noise. Participants said setup was simple but said that figuring out your flange size is important for maximizing suction potential. A helpful flange size ruler is included (and one's also available on the Momcozy website). "I got the perfect size flanges and that helps me wear it comfortably," a user from Texas said. "Other than that, I didn't have to do anything special. Once you turn on the suction, it kind of just sucks your nipple right in."

The Momcozy S12 Pro features three modes (stimulation, expression, and mixed) and nine suction levels. While using it, your breast milk is pumped directly into an included 7-ounce milk collector, which is on the larger size for a wearable pump. A Momcozy S12 user from South Carolina said it's easy to transfer expressed milk into a storage container as long as everything is aligned: "You can find out pretty quickly if it's not aligned because the cups will begin to leak during the process."

The S12 also features a memory function that recalls your last-used settings. Participants were generally satisfied with the control panel, such as speed levels offered, but one Momcozy S12 Pro user said: "For larger-chested people, the pump sits lower in the bra, making it difficult to reach the buttons easily." In this case, using a pump with a connected app that allows you to change settings remotely might be more convenient. The Momcozy M9 or Elvie pumps could be good options (see below).

Participants rated the pump as very easy to clean, though its parts need to be hand-washed. Some participants said they spent the most time deep-cleaning the rubbery seals on the outer parts of the pump with a bottle brush (not included).

As far as battery life and charging capabilities go, most participants were satisfied with how the Momcozy S12 could last at least a few pumping

sessions, though some wished the battery lasted longer. According to the manufacturer, this pump has a charge time of 130 minutes and a usage time of 240 minutes (which translates to seven to eight 30- to 35-minute pumping sessions).

Momcozy M9 Mobile Flow Hands-Free Breast Pump

User Experience Scores

SETUP 5/5

FIT & COMFORT 4/5

OPERATION 5/5

CLEANING 4/5

NOISE 4/5

BATTERY LIFE & CHARGING 5/5



Shop: Momcozy, Amazon, Target, Walmart, Babylist

Pump weight (claimed): 10.7 oz.

Expression modes and suction levels: 6 modes (stimulation, expression, mixed, custom, plus two expert-recommended modes); 15 suction levels

Milk collector capacity (claimed): 5 oz.

Flange/flange insert sizes: 24mm flanges; 17mm, 19mm, 21mm flange inserts included

Our participants liked the Momcozy M9 model for its high suction strength, consistent milk output, convenient app, and relatively gentle learning curve. Once settings were established, users described the pump as easy to use. The M9 pump features six modes: stimulation, expression, and mixed, as well as a custom mode and two others available through the connected app, Milk Boost and Milk Relief.

Hands-free convenience was a high point: Participants reported using the pump in a range of environments, including at work, while driving, during errands, and while performing housework. "I use it while driving most of the time. I've even pumped while at the dentist's office," said one participant in Maryland.

The M9 also has a connected app: While you can change the pumping modes on the device itself, most users reported opting to control the pump speed and mode level through the app, “which is absolutely amazing,” said the user in Maryland. “You can control everything right there. It’s very, very user-friendly, and that was another reason I did choose this pump because it is so user-friendly.”

Other participants liked how the pump would remember your previous settings, so “once you set it, you can forget it.” And the battery life was good, too: Participants reported that a full charge lasted four to six pumps.

While the general consensus was that most of the time, the pump peeks out from the top of a shirt, the pump’s performance outweighs this minor flaw. “It personally does not matter to me if my pump shows. It’s doing a job and I’m just glad I have it,” said one user in Texas.

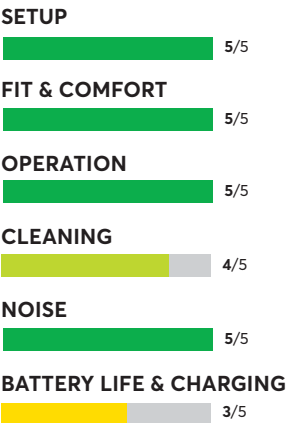
Noise could be a factor if discretion while pumping is important. “The noise level is not bad at home. I notice it more when everything is silent, but otherwise, it doesn’t bother me,” said a user in Georgia. But if you’re pumping on a Zoom call or during an in-person meeting, it could be more noticeable.

The milk transfer process could be more convenient: Some respondents said that the lack of a spout on the cup made the process of pouring milk into storage bags a little messy. “I think if they made it like a water pitcher . . . that might lessen the spillage,” said the Maryland user.

Overall, the pump was rated as easy to clean, though some of the smaller parts, like valves, took extra time and care.

Elvie Pump

User Experience Scores



Shop: Elvie, Amazon, Target, Walmart, Babylist
Pump weight (claimed): 7.9 oz.
Expression modes and suction levels: 2 modes (stimulation, expression); 7 suction levels
Milk collector capacity (claimed): 5 oz.
Flange/flange insert sizes: 24mm and 28mm flanges included

The Elvie Pump is one of the quietest wearable breast pumps on the market, the company says, and users did find it to be super-quiet to use. It offers several “SmartRhythm” pumping modes (from gentle stimulation to expression) and various intensity settings. Some other unique features include two bra adjusters that can help add more room in bras for an optimal fit, and the pump connects to a mobile app that can be used to monitor milk output and control and track pumping sessions.

Participants thought assembling and disassembling the Elvie Pump was easy overall and that the control buttons were convenient to access. Although all washable parts are dishwasher-safe, cleaning the pump’s valve, seal, and small crevices didn’t prove as easy (according to a few users, a cleaning tool like a bottle brush—not included—can help for those harder-to-reach areas).

The Elvie comes with two flange sizes, in 24 and 28 millimeters (you can purchase other flange inserts through Elvie’s website, if needed). The pump also comes with two reusable 5-ounce bottles and storage lids. You can store pumped milk in the included bottles, or you can transfer the milk into a different storage container. “When I transfer the milk, I am careful to pull off the valve and use the spoutlike shape to just pour the milk into either a bottle or bag, depending on when I plan on using the milk,” an Elvie Pump user from New York said. “If all the milk doesn’t come out, then I unscrew the top and pour the remaining little bit out. I like to make sure to get it all because every last drop counts!”

Several users reported that battery life varies, with some mentioning it lasts for a few hours to a few days, depending on the amount of usage and intensity. Elvie’s manufacturer claims the pump’s rechargeable battery lasts for five to six pumping sessions and takes 2 hours to charge. At the top of the pump, a battery indicator glows in red, orange, or green light to let

users know how much battery power is left. Good to know: Elvie is now owned by Willow, another popular wearable breast pump maker.

What Type of Breast Pump Should You Choose?

The type of breast pump you'll need depends on when, where, and how often you'll be using it. "The first thing to think about is how the parent will use the pump," says Jacque Ordner, an International Board Certified Lactation Consultant (IBCLC) and breastfeeding educator at AeroFlow Breastpumps. Will you be using it daily, for multiple pumping sessions? "Versus the occasional, 'I just need to go out on a date' or to a doctor's appointment kind of thing," Ordner says. In some cases, having more than one pump may be helpful for different situations.

Traditional electric breast pump: You might choose a traditional electric breast pump as your day-to-day pump for use at home or at work because they tend to have powerful motors that can offer strong suction. Ordner calls them "workhorse pumps," ideal if you're pumping several times a day, and/or you're away from your baby for more than 8 hours a day. Some experts recommend using a traditional breast pump as your primary pump, especially if you are exclusively pumping or combo-feeding, because the more powerful motor in a traditional breast pump can help with establishing and maintaining milk supply.

Wearable or portable breast pumps: A wearable or wired portable breast pump can offer a bit more flexibility when you're on the go—and can't guarantee that you'll be near an electrical outlet. Wearable pumps are battery-powered, don't come with suction tubing, and are often quite light. They're great but may not be as efficient for establishing or growing a milk supply, Ordner says. And while wearable breast pumps are more portable and discreet than traditional pumps or wired portable pumps, even the smallest and quietest wearable pump may still be noticeable under clothing.

Manual breast pump: Another solution for traveling or infrequent outings is to try a manual breast pump, like the Medela Harmony (Amazon), which you'll power with your hand to extract breast milk. The benefit here is that there are no wires, no motors to charge. But because they take so much

effort on your part, they're not convenient for regular use.

For more guidance on the different types of breast pumps and how to choose one that best fits your lifestyle, see our Breast Pump Buying Guide.

What to Consider When Choosing a Breast Pump

Our participants were asked to consider the following factors, which might prove helpful when making your own decisions about choosing a breast pump.

Setup: To help with the setup learning curve, our participants used a combination of the products' instruction manuals, lactation consultant support, plus reviews on Instagram, TikTok, YouTube, and other websites, which proved to be invaluable sources of information for the moms who were using these pumps. When buying a pump, you may find that YouTube pump reviews and instructional videos can provide additional info and tips as you familiarize yourself with the device.

Suction level: Most of our participants found the traditional electric pumps to be the most dependable for suction and output. Tracking suction is simple: Most of the pumps in our tests have LCD screens that show the suction and speed levels, allow you to adjust the suction and speed levels, and remember your last setting used.

Comfort: Though pumping is generally not the most pleasant of activities, most of our participants found their breast pumps to be relatively comfortable to use. Some comfort issues were generally attributed not to the pump itself but to the flange size/fit or material, which can be switched out. Flanges, aka breast shields, fit over the areola to ensure a snug seal. Before pumping, be sure to measure for the correct flange size and fit. This can be done by consulting with a medical professional or a lactation expert, or via online resources. Several of the pumps we tested also come with a measurement tool that helps you measure your nipple diameter for the best flange fit.

Noise: Consider your pumping environment to determine how noise will factor in. Will you be pumping in private or around others? Although no participants professed irritation with their pumps' sound levels at first, several said at the end of their

sessions that they wished the pumps were quieter.

Cleaning: Many of the parents surveyed considered cleaning these pumps to be a hassle. Each pump has many parts—and a lot of them are quite small—with corners and crevices that are difficult to get clean. Some participants purchased extra parts so that they wouldn't have to clean all parts of their pump as often.

Cost: Your medical insurance should cover some or all of the cost of a breast pump each time you give birth, and this may be a determining factor in selecting a pump. You may also be able to purchase a pump via your flexible spending account (FSA) or health savings account (HSA) plan. If a pump you've

got your eye on isn't covered by medical insurance, shop around for the best price because prices may vary between retailers.

Additional features: Some pumps come with a night-light, a visible timer, or a readout to see your pump's settings while pumping and after turning the pump back on again. Depending on your needs, you may also want to add accessories, such as a carrying bag, extra parts to reduce cleaning frequency, a cooler bag for keeping pumped milk cold, and a car charger to stay more mobile while using the pump. Note that it's smart to check with your insurance to see whether it covers the cost of some accessories, especially extra parts like flanges or milk storage supplies.