



Information for You from Your Health Care Team

Formula Preparation

Feeding your baby:

Your baby is a special person and needs special food to stay healthy and grow. The type of formula and the amount and number of feedings needed daily will differ for each baby. Your child's nutritionist or nurse will help you decide what is best for your baby.

Type of formula: _____

Feedings: _____ oz. _____ times a day

Feeding times: _____

Continous Pump Fees (?) _____ cc/hr from _____ to _____



Formula Preparation

Preparing your baby's formula correctly will keep your baby free from germs that may cause infection and also help you to make sure your child is getting what he/she needs to grow. Be sure to follow the instructions on the label carefully unless otherwise directed. Formula can be bought in several forms. Condensed liquid formula and powdered formula require water to be added. Ready to drink formula is also available but is more expensive.

When you make the formula remember these steps:

- Always wash your hands before making the formula or feeding the baby.
- Clean the area where you will be preparing the formula.
- Be sure the formula is not out of date. (Look at the date on the bottom or side of the can.)
- Wash the top of can before opening.
- Open the can with a clean can opener.
- Measure the water in a clean measuring cup.
- If you are not using sterile water, use tap water that has been boiled or as instructed by your child's doctor
- Add the measured amount of formula to the water
- Pour the formula into the bottle with the amount indicated above.
- Place the nipples upside down on the filled bottles and cover with the cap.
- Refrigerate the filled bottles immediately. If you are using the formula immediately, be sure it has cooled to room temperature.

Safe Feeding Tips:

CAUTION! CAUTION! CAUTION! CAUTION!

- Do not heat the formula in the microwave because there may be “hot spots” that will burn your baby.
- Never keep any prepared formula longer than 48 hours.
- If your baby does not finish a bottle, throw the leftover formula away. Do not save it.
- Empty bottles and nipples must be washed in very hot water to kill germs. A dishwasher is best, otherwise pour boiling water over the clean bottle.
- Be sure to use clean utensils (especially the can opener).
- Measure carefully. Just a little too much or too little formula mix or water means your baby will not get what he/she needs to be healthy and grow.
- Adding too much water in the formula can cause harm to your baby.

Your dietician is: _____.

