

Formula adjustment (NeoSure Advance®)

Why do I need to adjust calories in my baby's formula?

NeoSure Advance is a nutrient-rich formula specially made for premature babies after they go home to help them “catch up” in weight and length. This formula usually contains 22 calories per ounce. Some babies may need a different calorie level to gain the right amount of weight.

How do I mix the formula?

1. Wash your hands with soap and water. Wash the top of the formula can before opening to prevent germs from getting into the baby's feeding. Use clean measuring utensils and containers.
2. Let cold tap water run for 2 minutes before mixing with formula to reduce the amount of lead that may be in the water. Well water may contain bacteria and should not be used to make infant formula.
3. Check the recipe chart on the back of this sheet. Using a clear liquid measuring cup, measure the desired amount of water. Set the measuring cup on a flat surface, and check the level of the liquid at eye level.
4. Measure unpacked, level scoops or measuring cups of formula powder and add to the water. Use only the scoop provided in the formula can or measuring cups intended for dry ingredients.

5. Mix or shake well until all lumps are gone.

How long can I keep the formula?

Store prepared formula in a covered container in the refrigerator. Throw away any unused prepared formula after 48 hours.

Throw away any unused formula powder one month after opening the can.

Preparing to feed your baby

1. Shake the formula well.
2. Warm it in one of these ways:
 - Run warm tap water over the bottle.
 - Set the bottle in a pan of warm water.

Do not use a microwave because it heats unevenly, causing “hot spots” that could burn the baby's mouth.

3. After warming, shake the bottle again. **Always** test the temperature of the formula before feeding.
4. Throw away any formula left in the baby's bottle after a feeding.

Special instructions

Your doctor has ordered NeoSure Advance formula mixed to _____ calories per ounce.

At this time, your baby takes about _____ ounces per feeding and about _____ ounces per day.

The amounts will need to be increased as your baby grows. Check with the doctor before changing your baby's feeding plan.

Questions?

If you have any questions, please call Nutrition Services at your hospital during daytime hours.

Children's - Minneapolis (612) 813-6865
or (612) 813-6952

Children's - St. Paul (651) 220-6216

NeoSure Advance recipe chart

Calories per ounce	Water	Formula powder (unpacked, level)	Approximate final volume
<input type="checkbox"/> 20	4½ ounces	2 scoops	5 ounces
	9 ounces	4 scoops	10 ounces
	18 ounces (2¼ cups)	8 scoops	20 ounces
	23 ounces	1 cup	25½ ounces
<input type="checkbox"/> 24	5½ ounces	3 scoops	6 ounces
	11 ounces	6 scoops	12½ ounces
	19 ounces	1 cup	21½ ounces
<input type="checkbox"/> 26	5 ounces	3 scoops	5¾ ounces
	10 ounces (1¼ cups)	6 scoops	11½ ounces
	17 ounces	1 cup	19½ ounces
<input type="checkbox"/> 27	8 ounces (1 cup)	5 scoops	9 ounces
	16½ ounces	1 cup	19 ounces
	24 ounces (3 cups)	15 scoops	27½ ounces
<input type="checkbox"/> ____			

Note: To make 22-calorie-per-ounce formula, follow the directions on the can.

Children's Hospitals and Clinics of Minnesota
Patient/Family Education
2525 Chicago Avenue South
Minneapolis, MN 55404
6/07 ©Copyright