

Formula adjustment (Portagen®)

Why did the doctor order Portagen for my child?

Portagen is a formula for children who need a special blend of fat in their diet. It is not nutritionally complete for long-term use, so supplements or a change of formula may be needed. Portagen should be used only under the supervision of your doctor.

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 the cold tap water run for 2 minutes before mixing with the formula to reduce the amount of lead that may be in the water. Well water may contain bacteria (germs) and should not be used to make infant formula.
3. Check the recipe chart on the next page. 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. Add **packed**, level measures of formula powder 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. Shake well before each use. Throw away any unused prepared formula after 24 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.
5. Do not use prepared formula that has been out of the refrigerator for more than 2 hours.

Special instructions

Your doctor has ordered Portagen formula, mixed to _____ calories per ounce.

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

Amounts will need to be increased as your baby grows. Check with your 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) 220-5678

Portagen Recipe Chart

(The scoop is provided in the can.)

Calories per ounce	Water	Formula powder (packed, level)	Approximate final volume
<input type="checkbox"/> 20	2 ounces (¼ cup)	1 scoop	2¼ ounces
	8 ounces (1 cup)	4 scoops	9 ounces
	13 ounces	½ cup	14½ ounces
	26 ounces (3¼ cups)	1 cup	29 ounces
<input type="checkbox"/> 24	5 ounces	3 scoops	5½ ounces
	7 ounces	1/3 cup	8 ounces
	10 ounces (1¼ cups)	6 scoops	11 ounces
	21 ounces	1 cup	24 ounces
<input type="checkbox"/> 26	3 ounces	2 scoops	3½ ounces
	9 ounces	6 scoops	10¼ ounces
	13 ounces	2/3 cups	15 ounces
	19 ounces	1 cup	22 ounces
<input type="checkbox"/> 27	8½ ounces	6 scoops	10 ounces
	10 ounces (1¼ cups)	7 scoops	11½ ounces
	18½ ounces	1 cup	21 ounces
<input type="checkbox"/> _____			

Note: To make 30-calorie-per-ounce formula, follow the directions on the can.