

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 flush the water sitting in the pipes. Well water may contain bacteria 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 the formula by setting the bottle in 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.

Portagen® Recipe Chart

(Use only the scoop 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
	17 ounces	1/3 cup + 1/3 cup	19 ounces
<input type="checkbox"/> 24	4 ounces	3 tablespoons	4½ ounces
	5 ounces	3 scoops	5½ ounces
	7 ounces	1/3 cup	8 ounces
	16 ounces (2 cups)	½ cup + ¼ cup	18 ounces
	21 ounces	1 cup	23½ ounces
<input type="checkbox"/> 26	3 ounces	2 scoops	3½ ounces
	9 ounces	6 scoops	10 ounces
	13 ounces	1/3 cup + 1/3 cup	15 ounces
	16 ounces (2 cups)	½ cup + 1/3 cup	18 ounces
	19 ounces	1 cup	21½ ounces
<input type="checkbox"/> 27	7 ounces	5 scoops	8 ounces
	11 ounces	1/3 cup + ¼ cup	12½ ounces
	14 ounces (1¾ cups)	½ cup + ¼ cup	16 ounces
	18½ ounces	1 cup	21 ounces
<input type="checkbox"/> _____			

1 Tablespoon = 3 teaspoons

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

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

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 Children's - St. Paul (651) 220-5678

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