

## Formula adjustment (Pregestimil®)

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

Pregestimil® is made for babies who have allergies or need a formula that is easy for them to digest. This formula is usually prepared to 20 calories per ounce, but 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 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 page 2. 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. Throw away any unused formula made from powder 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.

### Questions?

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

### Children's – Minneapolis

612-813-6865 or 612-813-6960 (NICU)

### Children's – St. Paul

651-220-5678.

## Pregestimil® Recipe Chart

Calories per ounce	Water	Formula powder (packed, level)	Approximate final volume
☐ 22	5½ ounces (165 ml)	3 scoops	6 ounces
	9 ounces (270 ml)	5 scoops	10 ounces
	13 ounces (390 ml)	½ cup	14½ ounces
	17 ounces (510 ml)	2/3 cup	19 ounces
	26 ounces (780 ml)	1 cup	29 ounces
☐ 24	5 ounces (150 ml)	3 scoops	5½ ounces
	8 ounces (240 ml)	5 scoops	9 ounces
	11½ ounces (345 ml)	½ cup	13 ounces
	17½ ounces (525 ml)	¾ cup	20 ounces
	23 ounces (690 ml)	1 cup	26½ ounces
☐ 26	3 ounces (90 ml)	2 scoops	3½ ounces
	7 ounces (210 ml)	1/3 cup	8 ounces
	10½ ounces (315 ml)	½ cup	12 ounces
	16 ounces (480 ml)	¾ cup	18½ ounces
	21 ounces (630 ml)	1 cup	24 ounces
☐ 27	5 ounces (150 ml)	¼ cup	6 ounces
	7 ounces (210 ml)	5 scoops	8 ounces
	10 ounces (300 ml)	7 scoops	11½ ounces
	13 ½ ounces (405 ml)	2/3 cup	15 ½ ounces
	20½ ounces (615 ml)	1 cup	24 ounces
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**Note:** To make 20-calorie-per-ounce formula, follow the directions on the can.