Formula (special)

Why does my child need a special formula? Some children need special formulas to grow. They can be mixed to increase the amount of calories or nutrients your child receives.

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. If water is used, 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 on the back of this sheet. Measure each ingredient separately using the scoop in the formula can, measuring cups, or measuring spoons intended for liquid or dry ingredients. Put the ingredients in a container.

   - For dry ingredients, level off the measuring cup, spoon, or scoop.

   - For liquid ingredients, set the clear liquid measuring cup on a flat surface, and check the level of the liquid at eye level. (If a syringe is needed to measure small amounts of liquids, it will be provided to you.)

4. Mix the formula well until all the lumps are gone.

How long can I keep the formula?

Store prepared formula in a covered container in the refrigerator.

Do not store unused concentrate in the can. Place in a different container, cover, and **label it.**

Throw away unused prepared formula after 24 hours.

Throw away unused formula concentrate 48 hours after opening the can.

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.

   1. After warming, shake the bottle again. **Always** test the temperature of the formula before feeding.

   2. Throw away any formula left in the baby's bottle after a feeding.

Special formula recipe (_____)

Formula volume	Ingredient	Amount
_____		

	Ingredient	Amount
_____		

	Ingredient	Amount
_____		

Special Instructions	

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