

Mixing Powdered Infant Formula

To Begin

- Look at the date on the can. It will say “Best if used by” or “Best by.” Do not use formula after this date.
- Clean your work surface and wash the top of the can.
- Wash your hands with soap and warm water.
- Ask your doctor if you need to boil your water before mixing formula. Ask about using bottled water.

Store the remaining formula

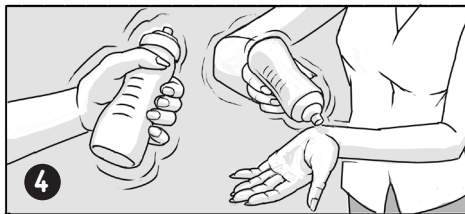
- Make sure the lids of opened cans are put on tightly.
- Store in a cool, dry place.
- Don't put the can of powder in the refrigerator.
- Use within one month after opening.



Clean bottles

Wash all bottles and bottle parts in the dishwasher using a full cycle OR follow these steps:

1. Wash in hot, soapy water. Rinse well.
2. Put washed bottles and bottle parts in a pot and cover with water. Bring to a boil and boil for 5 minutes.
3. Remove pot from heat. Take bottles and parts out. Place on a clean surface to air dry.



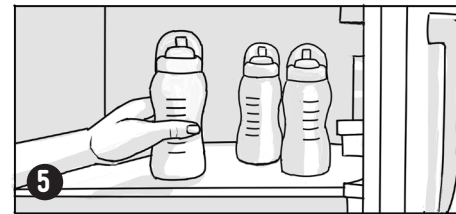
Always shake the bottle well

- Sprinkle a few drops of formula on the inside of your wrist. It should not feel hot.
- Feed your baby right after mixing.
- After a feeding, always throw out the formula left in the bottle. Bacteria from your baby's mouth gets mixed with the formula during feeding.



Follow the directions exactly

- Mix formula as directed on the can or instructions given by your doctor.
- It is important for your baby's health to use the exact amounts of powder formula and water.
- **Too little water** will make the formula hard to digest.
- **Too much water** will dilute the formula, which means your baby will not get the right amount of calories and nutrients.



Refrigerating formula bottles

- Mix just enough for one feeding or, at most, just enough for 24 hours.
- Cover each bottle with a nipple cap. Refrigerate it until ready to use that day.
- Do not leave prepared formula at room temperature. Do not freeze it.



Measure carefully

- Use a measuring cup to add cold water to the bottle first.
- Measure the powder using the scoop that comes with the can of formula. Fill the scoop and scrape off the excess powder with the flat side of a knife.
- Add the powder and shake the bottle gently.



You don't have to warm the formula

- If you choose to warm the formula, hold the bottle under warm, running water or place it in a bowl of warm (not boiling) water.
- **Do not microwave the formula!** This can cause uneven heating and possibly burn your baby's mouth.



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