



## **Bottle Feeding: Formula Preparation**

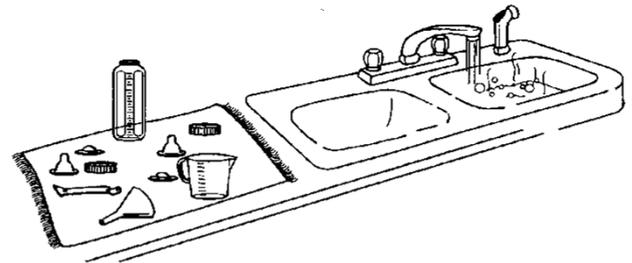
All infants under 1 year of age should receive breastmilk or infant formula, **not cow's milk**. There are several ways to make formula. The method explained here is the "clean" method. Wash the bottles, nipples, caps and rings after you buy them and after each use.

### **WARNING:**

**DO NOT USE A MICROWAVE OVEN TO PREPARE OR WARM FORMULA.**  
A MICROWAVE MAKES "HOT SPOTS" IN THE FORMULA.  
THIS CAN CAUSE **SERIOUS BURNS** TO YOUR BABY'S MOUTH.

### **You Will Need**

- Formula (liquid concentrate or powder) as ordered by the doctor
- Nipples, caps, and rings for bottles
- Cooking pan with lid
- 8-ounce nursing bottles
- Liquid dish washing soap
- Pitcher
- Water
- Can opener
- Metal or plastic (not wooden) spoon for mixing



**Picture 1** Wash all equipment with hot, soapy water. Rinse well.

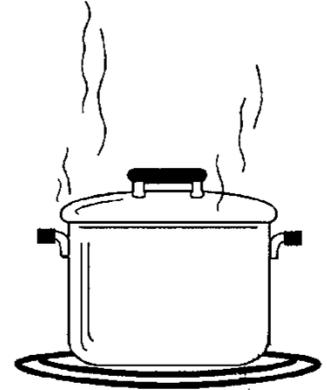
### **Preparing the Equipment**

1. Wash your hands with soap and water before cleaning bottles, making formula, and feeding your baby.
2. Wash the bottles, caps and rings in either hot, soapy water with dishwashing liquid or in a dishwasher (**Picture 1**). To clean nipples, follow directions on the package. Rinse thoroughly and allow to air dry. Avoid using a bottle brush to scrub the bottle, as the brush may damage the bottle.

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## Preparing the Equipment, continued

3. Rinse the top of the can of liquid concentrate formula with clean water before opening it.
4. Distilled or purified water can be used without boiling first. All other water should be boiled first, including all other bottled water and all tap water.
5. **Do NOT use well water. Use distilled or purified water in place of well water.**
6. You may use city water or regular bottled drinking water for use in making formula **if** you boil it first. **(Picture 2).**
  - Run the cold water for 2 minutes to flush the water pipes.
  - Boil for 1 minute, with the lid on the pan.
  - Cool to room temperature before using.
7. **Boil water for the first 3 months of age.** Boil water longer if your health care provider recommends it, or if water safety is a concern.



**Picture 2** If using city water, boil for 2 minutes. Cover and let cool.

## Making Formula from Liquid Concentrate

1. Using an 8-ounce baby bottle, measure \_\_\_\_\_ ounces of water and pour it into a clean pitcher.
2. Shake the can of **liquid concentrate** well before opening.
3. Open the can with a clean, punch-type can opener.
4. Measure \_\_\_\_\_ ounces of liquid concentrate formula. Add this to the water (**Picture 3**). Shake or stir with the clean spoon.
5. As needed, pour \_\_\_\_\_ ounces of this formula into one of the baby bottles.
6. Insert nipple into ring and twist onto baby bottle, and shake the bottle. It is ready to feed to your baby.
7. Place the remaining prepared formula (in the pitcher) in the refrigerator. **Use within 48 hours.**



**Picture 3** Measure the formula liquid concentrate or powder and then add to water.

If you have liquid concentrate remaining, cover the opened can and mark it with the date and time it was opened.

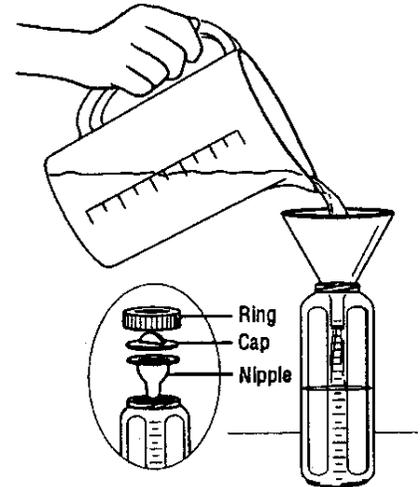
Store the covered can of remaining liquid concentrate, and any mixed formula in the refrigerator.

Use any mixed formula within 48 hours of when it was opened. Throw out any mixed formula that is not used after 48 hours (2 days).

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## Making Formula from Powder

1. Measure \_\_\_\_\_ ounces of water and pour it into a clean pitcher or clean baby bottle.
2. Open the can of powdered formula.
3. Measure \_\_\_\_\_ level scoops of formula powder. Add this to the water.
4. Shake or stir well with a clean spoon.
5. As needed, pour \_\_\_\_\_ ounces of this formula into one of the cleaned baby bottles (**Picture 4**).
6. Insert nipple into ring and twist onto baby bottle, and shake the bottle. It is ready to feed to your baby.
7. Place any remaining prepared formula (in pitcher) in the refrigerator. **Use within 24 hours.**
8. Close the can of formula powder with the plastic lid.
9. On the lid or the can, mark the date that you opened it.
10. Do not keep an opened can of formula powder longer than 1 month from the date it was opened.



**Picture 4** Pour prepared formula into the bottles.

## Special Tips and Advice

- Prepared **liquid** concentrate formula will keep for **48 hours** (2 days) in the refrigerator.
- Prepared **powdered** formula will keep for **24 hours** (1 day) in the refrigerator.
- If the baby does not drink all of the formula in a bottle within an hour from the time you start to give it, throw the rest away.
- If you have any questions, be sure to call your doctor, dietitian, or nurse.

### CAUTION:

Do **not** feed **honey or corn syrup** (such as Karo<sup>®</sup>) to babies under 1 year of age.

These products are **not sterile** (germ free).

They may contain harmful bacteria that can cause food poisoning in young infants.