

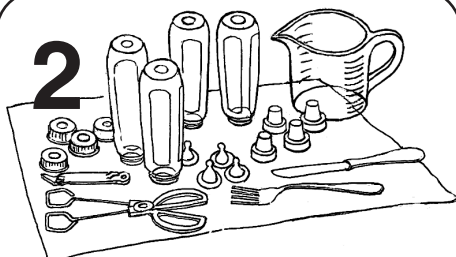
# How to prepare ready-to-feed infant formula

1



Wash hands and counter with soap and water.

2



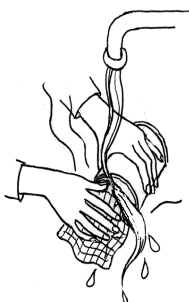
Have sterilized items ready on a clean paper towel (see *How to sterilize equipment*).

3



Read label.

4



Wash top of can with warm water.

5



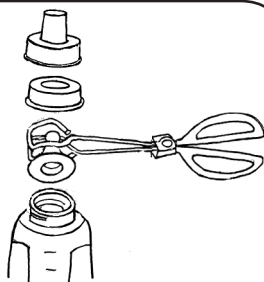
Shake can.  
Open with sterile can opener.

6



Pour amount of infant formula for one feeding into each bottle (use glass if possible).  
**DO NOT ADD WATER.**

7



Pick up nipples, rims and caps with sterile tweezers and put on bottles. Then tighten with your hands.

8



Put bottles in refrigerator. Use within 24 hours.

9



Tightly cover open can and put in refrigerator. Use within 48 hours.



# Tips for feeding infant formula

## Infant formula comes in 3 forms

- Powder
- Liquid concentrate
- Ready-to-feed

Instructions are different for each kind of infant formula. Be sure to read the directions on the label.

*Give your baby iron fortified infant formula.*

## Check the cans of infant formula

- Check “expiry” date on each can. Do not use after this expiry date.
- Make sure the cans are clean and have no dents.

## Tips for preparing infant formula

- Use glass bottles if possible.
- Wash your hands with soap and water.
- Wash the top of the can.
- Make sure the counter top is clean and dry, and all of your equipment has been sterilized.
- Read the directions on the label and measure carefully. It could harm your baby if you add too little or too much water.

- Use a glass measuring cup for accuracy and safety.
- Make just enough infant formula to last 1 day.

## Tips for mixing infant formula

- Run cold water for at least 2 minutes. Use approved filter to remove lead if you have lead pipes.
- Until your baby is 4 months old, boil the water used for mixing infant formula, for at least 2 minutes.
- To prepare powdered infant formula always use boiled water.
- You can use an electric kettle to boil water.
- Use water within 30 minutes after boiling to prepare infant formula.
- Do not use carbonated, distilled or mineral water to mix infant formula.

## Storage

- If more than one bottle is prepared, they should be cooled and placed in refrigerator.
- Use prepared bottles within 24 hours.
- Cover open can of powdered infant formula with a plastic lid. Store in a cool, dry place. Use within 1 month.
- Tightly cover open cans of ready-to-feed or liquid concentrate and put in

the refrigerator. Use it within 48 hours after opening.

- Do not freeze any kind of infant formula. Freezing changes the fat in infant formula.

## How to warm infant formula

- Put the bottle of infant formula in warm water for up to 15 minutes, or hold it under warm running tap water.
- Shake bottle to heat evenly.
- Check the temperature by putting a few drops on your wrist.
- Do not heat bottles in the microwave or on the stove.

## Watch for early feeding cues

- Your baby makes sucking or soft sounds.
- Your baby puts her hands in her mouth.
- Your baby is making more body movements.
- Your baby makes sucking or licking movements with her mouth.

*Do not put your baby to bed with a bottle.*

## Changing infant formula

- Talk to your baby’s health care provider first.

## Signs your baby is finished or full

- Your baby looks sleepy and calm.
- Your baby lets go of the nipple.
- Your baby closes his mouth.
- Your baby turns away from the bottle.
- Your baby does not look for more milk.
- Your baby may still have small sucking movements. This is a reflex and does not mean your baby is hungry.

*If you see signs your baby is full, stop feeding. Throw away what your baby does not drink within one hour.*

## Going away from home

- Prepare infant formula, cool and place in refrigerator.
- Transport in cooler bag with ice packs.
- Use infant formula within 2 hours or place in refrigerator.
- If you are unsure about the safety of the water where you will be visiting, ask your health care provider

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