Preparing Ready-to-Feed OR Liquid Concentrate Infant Formula

**Before You 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.
- Store unopened cans at room temperature.
- Wash your hands with soap and warm water.
- Clean your work surface.
- Wash the top of the can.
- Shake the can well.
- Ask your doctor or staff at your birthing hospital if you need to boil your tap water before mixing formula. Ask about using bottled water.

**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 thoroughly.
2. Put washed bottle 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.

**Ready-to-feed formula**
- Shake the can before opening.
- Pour the formula into a clean bottle.
- Do not add water.

**Liquid concentrate formula**
- Shake the can before opening.
- Mix liquid concentrate formula with an equal amount of water:
  - Use the ounce markings on the bottle. For example, measure 4 ounces of formula into a clean bottle and add 4 ounces of cold tap water.
- Shake the bottle well.

**You don’t have to warm the formula**
- If you choose to warm the formula:
  - Hold the bottle of formula under warm running water or place it in a bowl of warm (not boiling) water.
  - Don’t microwave it. This can cause uneven heating and possibly burn your baby’s mouth.

**Always test the bottle before feeding**
- 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 any formula left in the bottle. Bacteria from your baby’s mouth gets mixed with the formula during feeding.
- Wash bottles and nipples right after use.

**Refrigerate formula bottles**
- Mix just enough for one feeding or, at most, just enough for 48 hours.
- Cover each bottle with a nipple cap. Refrigerate it until ready to use.
- Don’t leave prepared formula at room temperature. Don’t freeze it.

*This institution is an equal opportunity provider.*

May 2016