

Mixing Powder Infant Formula

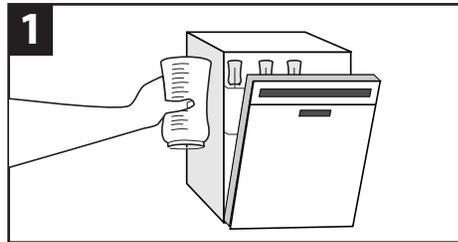
Before You Begin

- Look at the date on the can. It will say "Best if used by" or "Best by." Do not use formula after this date.
- Clean your work surface and wash the top of the can.
- Wash your hands with soap and warm water.
- 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.

After You Finish

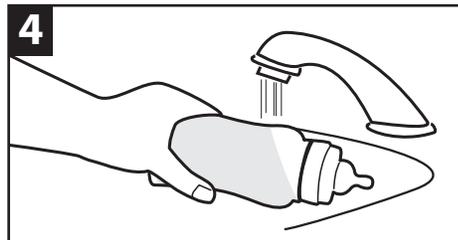
Storing cans of powder formula:

- 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.



1 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.



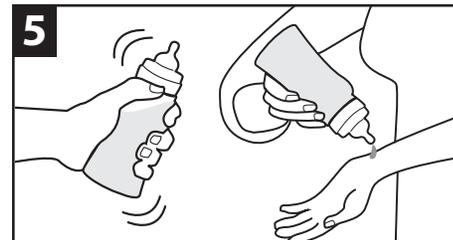
4 You don't have to warm the formula

- 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.



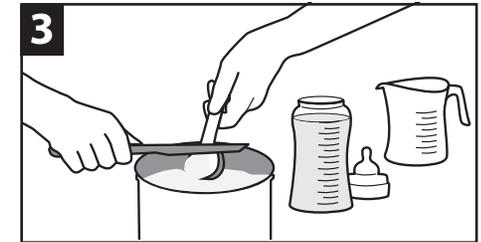
2 Follow the directions exactly

- Mix formula as directed on the can.
 - 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.



5 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 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.



3 Measure carefully

- Use a measuring cup to add cold water to the bottle first. (This is more accurate than using the markings on the bottle to measure the water.)
- Measure the powder using the scoop that comes with the can of formula. Fill the scoop (loosely packed), and scrape off the excess powder with the flat side of a knife.
- Add the powder and shake the bottle gently.



6 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.
- Don't leave prepared formula at room temperature. Don't freeze it.