

# Safe Preparation of High Calorie Breastmilk with Infant Formula Powder

## Sanitize feeding equipment

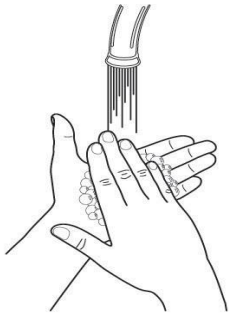
Sanitize equipment until your baby is 4 months old. After 4 months old, make sure the equipment is cleaned well with hot soapy water and rinsed with clean water that is safe to drink.

Sanitize feeding equipment before use. Feeding equipment is not fully sanitized until it has been boiled or cleaned in a dishwasher with the sanitize cycle.

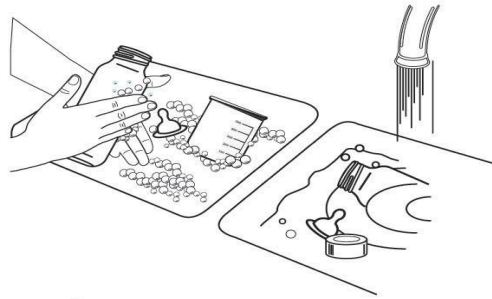
You will need bottles and nipples, dish soap, liquid measuring cup, large pot (to fit bottles, nipples, and liquid measuring cup), knife for measuring, measuring teaspoon, powdered infant formula, and sanitized tongs.

If you don't use the sanitized bottles right away, wait until they are completely dry and then fully assemble them so the inside stays clean. Store all feeding equipment in a clean, protected area.

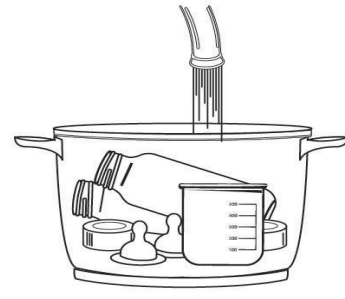
## Sanitize by boiling



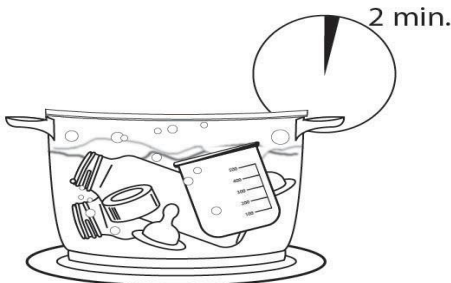
① Wash your hands with soap and water for at least 20 seconds.



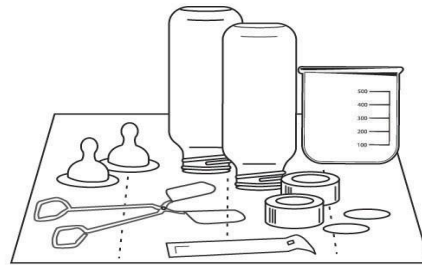
② Clean the feeding equipment and working area with hot soapy water. Then rinse in clean water that is safe to drink.



③ Put all the feeding equipment in a large pot. Cover the items with cold tap water.



④ Bring to a continuous rolling boil, in an uncovered pot, for **2 minutes**.



⑤ Remove the feeding equipment with tongs that have been sanitized. Put the items on a clean towel or paper towel to air dry.

## Sanitize by dishwasher or commercial home sanitizer

You can use an electric or microwave steam commercial home sanitizer. A dishwasher on the sanitize cycle can be used to clean the feeding equipment if:

- There's a National Sanitation Foundation (NSF) symbol on your dishwasher. You can also check online to see if the dishwasher is NSF 184 certified.
- The dishwasher has a sanitize feature.

# Prepare high calorie breastmilk

Breastmilk can be used right away, stored in the fridge for up to 96 hours, or frozen in 100 mL amounts for later use.

Mark the date and time the breastmilk was expressed if not using right away. Thaw frozen breastmilk in a bowl of warm water (until just thawed but still cold) or in the fridge and use within 24 hours after thawing. Swirl gently before using.

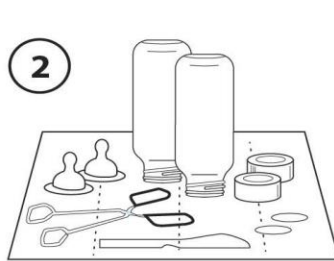
Store the powdered infant formula in a cool dry place. Label the formula lid with the date can is opened. Use within 1 month of opening and before expiration date.

Prepare high calorie breastmilk as needed, not ahead of time.

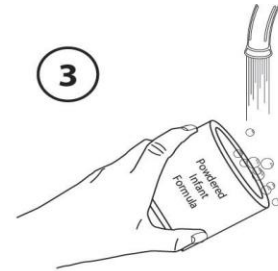
Throw away extra high calorie breastmilk after feeding. Any amount of unused formula left in the bottle should be thrown away after 2 hours. Do not return unused formula to the fridge or save it until the next feed.



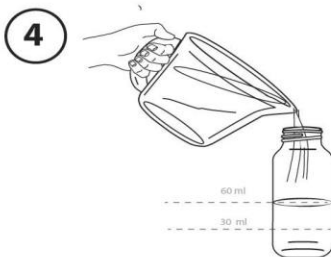
1 Wash your hands with soap and water for at least 20 seconds.



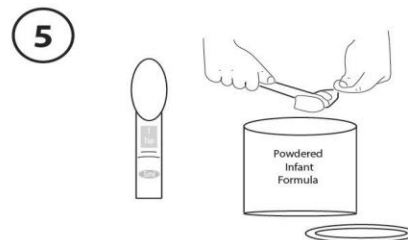
2 Clean the work area with hot soapy water. Use sanitized feeding equipment.



3 Wash the top of the new powdered infant formula can with hot soapy water. Rinse with clean water that is safe to drink. Open the can by pulling the foil tab. After use, put lid on can.



4 Follow the recipe your healthcare provider gave you for your baby. Measure the exact amount of breastmilk into the bottle.



5 Use the measuring teaspoon to measure the powdered formula. Use the flat side of the knife to level the powder. Add the exact amount of powdered infant formula for your baby to the bottle. Screw lid on bottle. Shake well.

Optional: Warm the formula. Never use a microwave to heat formula. If heating the bottle to feed your baby, put it in a bowl of warm water until it reaches a warm temperature, for no longer than 15 minutes. Do not cover the lid/nipple with water when warming as this can lead to contamination of the formula. Gently shake or swirl formula to mix. Test the formula on your wrist to make sure it's just warm, not hot.

## Storing breastmilk

Fresh breastmilk without formula added will last:

- Up to 4 hours at room temperature
- Up to 96 hours in the refrigerator

Frozen breastmilk without formula added will last:

- Thawed in fridge for 24 hours
- 2 weeks in a freezer inside the fridge
- 3 months in a freezer attached to the fridge