








Preparing Similac PM 60/40® Infant Formula from Powder to 22 kcal/oz

Your child receives formula powder that is mixed to 22 calories per ounce (kcal/oz) to meet their nutritional needs. This is called **fortified formula**. This is different than the mixing instructions on the formula can. Use the mixing chart and instructions in this handout. It is very important to follow these instructions for your child's health.

Supplies:

						
Water	Can of formula powder	Clean baby Bottle	Measuring cups (optional)	Liquid measuring cup (optional)	Pitcher (optional)	Whisk (optional)

Mixing chart (if you are using the scoop that comes with your formula can):

- There are 30 milliliters (mL) in 1 fluid ounce (fl oz).
- Use the scoop that comes in the can of formula when you are measuring your formula amounts. Do not use a scoop that comes from a different can of formula.
- When measuring the formula powder, make sure to use a level scoop and do not pack the formula into the scoop.

Amount of water	+	Amount of formula powder	=	Amount of formula
5.5 fl oz (165 mL)	+	3 scoops	=	6.2 fl oz (185 mL)
9 fl oz (270 mL)	+	5 scoops	=	10.1 fl oz (303 mL)

Mixing chart (if you are using measuring cups):

- There are 30 milliliters (mL) in 1 fluid ounce (fl oz).
- For this mixing method, make sure you are using measuring cups. Do not use the scoop that comes in the can of formula when you are measuring your formula amounts.
- When measuring the formula powder, do not pack the formula into the measuring cup and make sure it is level.

Amount of water	+	Amount of formula powder	=	Amount of formula
10.5 fl oz (315 mL)	+	½ cup	=	11.8 fl oz (354 mL)
21 fl oz (630 mL)	+	1 cup	=	23.6 fl oz (709 mL)

Instructions for preparing formula:

1. Wash your hands with soap and water.
2. Gather your supplies.
3. Measure out the listed amount of water into a clean, dry baby bottle or a liquid measuring cup.
4. Measure out the listed amount of formula powder and add it to the water.
5. Mix the water and formula together well.
6. Feed the fortified formula to your child, or cover it and store it in the fridge.

What do I need to know about using and storing fortified formula?

- Never use a microwave to heat fortified formula. Instead, heat formula in a bottle by running warm water over the bottle or by placing the bottle in a container of warm water.
- If your child is bottle feeding, throw away any extra formula that is left in the bottle 1 hour after the start of the feeding.

- If your child is tube feeding, throw away fortified formula that has been out of the refrigerator for more than 4 hours.
- Throw away any unused fortified formula 24 hours after making it.

What signs and symptoms should I watch for while my child is being fed with fortified formula?

Call your child's healthcare provider if they have any of these symptoms of fortified formula intolerance:

- Less than 6 wet diapers in 24 hours
- Dark-colored pee
- Poor feeding (your child is not taking their usual feeding amounts)
- Loose or watery bowel movements
- Vomiting
- Sleeping more than usual
- Fast breathing

If you have any questions or concerns about the information on this sheet, please contact:

Name: _____

Phone: _____

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Patient Food and Nutrition Services

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