



How to Prepare 20 kcal/oz Similac® PM 60/40

Instructions:

1. Measure out the listed amount of water using a clear liquid measuring cup.
2. Add the listed amount of formula scoops. Use only the scoop provided in the formula container.
3. Stir well.
4. Store the formula in a tightly covered container in the refrigerator, and use within 24 hours of mixing.

Amount of water (ounces, or “oz”)		Scoops of formula (unpacked and level scoops)		Approximate ounces made
4 oz	+	2	=	4.5 oz

Important things to remember:

- Never use a microwave to heat the formula. Instead, heat the mixed formula in a bottle by running warm water over the bottle or by placing the bottle in a container of warm water.
- Throw away any formula that is left in the bottle within 2 hours after a feeding. Do not use the old formula for your next feeding.
- Do not use half scoops.

Give your baby 3.5 oz of formula every 3 hours, and 8 feeds daily. If your baby is still hungry, you can give them another 0.5 oz.

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