

Preparing Fortified Human Milk with Formula Powder: 22 kcal/oz






Your child receives human milk with added formula powder to meet their nutritional needs. Human milk with added formula is called **fortified human milk**.

- The number of calories in human milk varies, but it is about 20 calories per ounce (kcal/oz). A healthcare provider has prescribed your child 22 kcal/oz. To meet this calorie goal, you will add formula powder to human milk.
- Use the mixing chart and instructions in this handout (instead of the ones found on the formula can) to prepare your child's fortified human milk. It is very important to follow these instructions for your child's health.

Use these instructions with the following types of formulas:

- **Alfamino® Infant**
- **EleCare® Infant**
- **Enfamil®: A.R.™, Infant,**
NeuroPro®, NeuroPro Gentlease®,
NeuroPro Enfacare®, ProSobee®
- **Extensive HA®**
- **Good Start®: Gentle Pro™, Soothe**
Pro™, Soy-ease Pro™
- **Neocate® Infant**
- **Nutramigen®**
- **Pregestimil®**
- **PurAmino™**
- **Similac®: Pro-Advance™,**
Alimentum®, NeoSure®, PM 60/40,
Pro-Sensitive™, Soy Isomil®, Pro-
Total Comfort®

Supplies:

| | | | | |
|---|---|---|---|---|
|  |  |  |  |  |
| Human milk | Can of formula powder | Measuring teaspoons | Clean baby bottle | Liquid measuring cup (optional) |

Mixing chart:

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

| Amount of human milk | + | Amount of formula powder | = | Amount of fortified milk |
|----------------------|---|--------------------------|---|--------------------------|
| 2.5 fl oz (75 mL) | + | ½ tsp | = | 2.5 fl oz (76 mL) |
| 5 fl oz (150 mL) | + | 1 tsp | = | 5.1 fl oz (152 mL) |
| 10 fl oz (300 mL) | + | 2 tsp | = | 10.1 fl oz (303 mL) |

Instructions for preparing fortified human milk:

1. Wash your hands with soap and water.
2. Gather your supplies.
3. Measure out the listed amount of human milk 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 human milk.
 - Use measuring teaspoons to measure the formula. Do not use the scoop from the can.

5. Mix the milk and formula together well.
6. Feed the fortified human milk to your child, or cover it and store it in the fridge.

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

- Never use a microwave to heat fortified human milk. Instead, heat fortified milk 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 fortified human milk that is left in the bottle 1 hour after the start of the feeding.
- If your child is tube feeding, throw away fortified human milk that has been out of the refrigerator for more than 4 hours.
- Throw away any unused fortified human milk 24 hours after making it.

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

Call your child's healthcare provider if they have any of these symptoms of fortified milk 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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