Breast milk: Fortified
(Using Enfacare® formula)
Preterm infant

Why do I need to fortify my breast milk?

Some premature babies need more calories and nutrients to help them “catch up” in weight and length after they go home. Enfacare® formula powder can be added to your breast milk to increase the amount of calories and nutrients your baby receives.

How do I fortify the breast milk?

1. Wash your hands with soap and water. Wash the top of the formula can before opening to prevent germs from getting into the baby's feeding. Use clean measuring utensils and containers.

2. Breast milk mixes best when it is warmed to room temperature. The powder tends to clump if the breast milk is cold.

3. Check the recipe chart attached to this sheet. Using a clear liquid measuring cup, measure the desired amount of breast milk. Set the measuring cup on a flat surface, and check the level of the liquid at eye level.

4. Use standard measuring spoons or the scoop provided in the can to measure the powdered formula. Use level, not heaping, measures.

5. Add the powder to the breast milk. Mix well until the lumps are gone.

How long can I keep the fortified breast milk?

Store fortified breast milk in a covered container in the refrigerator. Throw away any unused fortified breast milk after 24 hours.

Throw away any unused formula powder one month after opening the can.

Preparing to feed your baby

1. Gently shake the fortified breast milk.

2. Warm it in one of these ways:
   - Run warm tap water over the bottle.
   - Set the bottle in a pan of warm water.

   DO NOT use a microwave because it heats unevenly, causing "hot spots" that could burn the baby's mouth.

3. After warming, gently shake the bottle again. ALWAYS test the temperature of the breast milk before feeding.

4. Throw away any fortified breast milk left in the baby’s bottle after a feeding.
Special instructions for mixing:

Your doctor has ordered breast milk fortified with _________ powdered formula to make ________ calories per ounce.

At this time your baby takes about ______ ounces per feeding and about ______ ounces per day

As your baby grows the amounts will increase. Check with your baby's doctor before changing your baby's feeding plan.

Questions?

If you have any questions call your pediatrician.

Nutrition Services can be reached during daytime hours for questions.

University of Michigan Health Systems.
Nutrition Services: 734-615-7868

Breast milk + Enfamil® recipe chart

<table>
<thead>
<tr>
<th>Calories per ounce</th>
<th>Breast milk</th>
<th>Formula powder (unpacked, level)</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ 22</td>
<td>3 ounces</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td></td>
<td>6 ounces (¼ cup)</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td></td>
<td>9 ounces (1 cup)</td>
<td>1 ½ teaspoons</td>
</tr>
<tr>
<td>☐ 24</td>
<td>3 ounces</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td></td>
<td>6 ounces (¼ cup)</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td></td>
<td>8 ounces (1 cup)</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>☐ 26</td>
<td>3 ounces</td>
<td>1 ½ teaspoons</td>
</tr>
<tr>
<td></td>
<td>5 ounces</td>
<td>2 ½ teaspoons</td>
</tr>
<tr>
<td></td>
<td>10 ounces (1¼ cups)</td>
<td>1 tablespoons + 2 teaspoons</td>
</tr>
<tr>
<td>☐ 27</td>
<td>4 ounces</td>
<td>2 ½ teaspoons</td>
</tr>
<tr>
<td></td>
<td>6 ounces (¾ cup)</td>
<td>1 scoop</td>
</tr>
<tr>
<td></td>
<td>9 ounces</td>
<td>1 tablespoon + 2 teaspoons</td>
</tr>
</tbody>
</table>

Robin Jahnke RN BSN CNIII
Holden NICU
5/1/2006
Reviewed by Gail Walters, RD, IBCLC

Breast milk fortification using Enfamil powder