

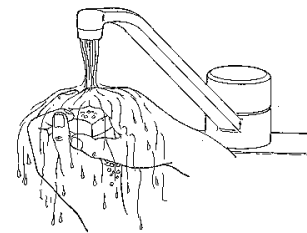
Name of Child: _____ Date: _____

How to Mix Formula from Powder

1. Wash your hands with soap and water.

2.

yes no Wash the nipples in hot water with dish detergent. Wash bottles, caps, measuring cups, and spoons in hot water with dish detergent or in the dishwasher. Rinse well.



1. Wash your hands.

yes no If you do not use city water, boil the bottles, nipples, and caps.

3. Let the nipples, bottles, caps, measuring cups, and spoons air dry.



4. Measure the water first

4. To make formula with _____ calories per ounce:

a. Measure _____ cups _____ ounces of water and mix in:

b. _____ cups _____ tablespoons _____ scoops of powder

c. Add _____ cups _____ tablespoons _____ teaspoons

of _____

d. _____

5. To mix formula well,

- yes no shake or stir
 yes no use a blender.

6. Keep the formula in the covered container, or pour it into clean baby bottles.

7. Write the time and date you mixed it on the formula.

8. Put the formula in the refrigerator. Use formula within 24 hours of the time you mixed it.

9. Put the plastic lid on the can of formula. Write the date you opened it on the lid or the can. Use the formula powder within one month of the date you opened it.

Also:

- Use the formula within 24 hours. Throw away formula that was mixed more than 24 hours ago.
- If your baby does not finish the bottle, throw away the formula. Don't save it.
- Formula is only good at room temperature for two hours. Throw away formula that is at room temperature for more than 2 hours.
- If the can of formula was opened more than one month ago, throw it out and open a new can.
- Do not add more water than the recipe says. If you do, your baby may not get enough nutrients to be healthy and grow.
- If you have any questions, ask your nurse, nutritionist, or doctor.
- Bring this recipe with you when you take your baby to the hospital, see a doctor, or have a WIC follow-up appointment.



**Use formula
within 48 hours.**

Now that you've read this:

- Show your nurse, nutritionist or doctor how you mix the formula.
(Check when done.)



- If you have any questions or concerns,
 call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
866-933-6459
www.phoenixchildrens.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Friday, October 15, 2010 • DRAFT to family review
#59a • Written by Michelle Weller, RN • Illustrated by Dennis Swain



The Emily Center

How to Mix Formula from Powder

Procedure/Treatment/Home Care
Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

Name of Health Care Provider: _____ Number: 59a
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.
Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No
easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!