

Formula Feeding

This fact sheet is for educational purposes only. Please consult with your Doctor or other health professional to ensure this information is right for your baby.

- Our team will assist you to safely prepare formula if required.
- Please ensure cleanliness in our Feeding Room by washing your hands prior to entering and leaving the Feeding Room, and keep the room tidy for others.
- Discuss your baby's individual requirements with a Midwife.
- Please provide your own tin of formula. If you prefer to supply your own bottles and teats please bring a portable steriliser.
- Our bottles and teats are to be disposed of after each use.
- Observe your baby for constipation and seek advice from your Midwife if you have any concerns.

Preparing Formula

Before preparation:

- Wash your hands before you prepare the formula.
- Make sure all bottles, caps and teats are sterilised before use.
- Check the 'use by date' on the can of formula. Store formula in a cool dry place, and discard unused formula one month after opening.
- Gosford Private Maternity services will provide you with sterilised water to make formula while in hospital, at home you will need to boil fresh water and allow it to cool.
- Clean the work area.

Preparing the formula:

- When the water is warm (NOT hot) pour the correct amount into the sterile bottle or

container. Water that is too hot will destroy the vitamins and minerals already added into the formula by the manufacturer. Water too cold tends to clump the formula and make it difficult to mix through thoroughly.

- Shake the tin to loosen the powder. Always use the scoop provided in the tin.
- Scoop up a generous amount then flatten off with the back of a sterile knife or scraper provided in the tin. Don't pack the formula down into the scoop.
- Add the correct number of level scoops of powder per mls, as recommended by the manufacturer. Never add extra scoops to the mls, this will be too strong and harmful to your baby. Always remember to check the scoops per mls instructions on every tin; all formulas are reconstituted to different amounts, only follow what is on your tin.
- Put the cap on the bottle and shake until dissolved.
- Refrigerate as soon as it is prepared even if it is still warm, ensuring that you store the bottle in the body of the refrigerator, not the door.

Preparing for feeding:

- Warm the bottle by standing it in hot water. Never heat formula in the microwave as the heating is uneven and may burn.
- Check the temperature by shaking a few drops on the inside of our wrist.
- Always hold your baby while feeding and never prop the bottle, as this can cause choking and ear infections.
- Discard any leftover formula after each feed.
- Discard any formula from the fridge that you don't use within 24 hours.

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Transporting formula:

- Transport pre-measured and cooled boiled water in the bottle, with a separate container of formula powder ready to add and mix when required.

Washing your bottles

- Wash your hands.
- Rinse the bottle, teats and utensils in cold water. Squeeze water through the holes in the teats.
- Wash the bottle, teats and utensils in warm soapy water and use a bottle and teat brush to scrub.
- Scrub around the grooves and in the neck of the bottles.
- Scrub behind the decorations on the bottle.
- Rinse in hot water.

Sterilising your bottles

Boiling:

- Use a large enough saucepan to hold everything.
- Cover all bottles, teats and utensils with water.
- Put the lid on and bring the water to the boil.
- Let the pot rolling boil for five minutes.
- Allow the water to cool with the saucepan lid on.
- Remove the items, shake them, replace the cap and store all the items in the body of the refrigerator for 24 hours.

Anti-bacterial chemicals:

- Use a container that has a lid.
- Follow the directions to make up the solution.
- Ensure all the utensils and bottles are completely covered with no air bubbles.
- Cover the container.
- Leave to sit for the recommended time given in the instructions.
- With clean hands, remove everything from the container, do not rinse.
- Shake excess fluid out and replace the cap.
- Tip out solution every 24 hours, wash and dry the container ready to make up another solution for that day.