



# SIMILAC® HUMAN MILK FORTIFIER EXTENSIVELY HYDROLYZED PROTEIN CONCENTRATED LIQUID—CUSTOMIZED BREAST MILK FEEDING RECIPE

To help meet the nutritional needs of your baby, a special feeding has been prescribed by your health care professional.

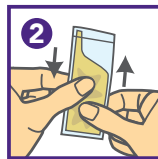
Patient's Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Directions for Preparation and Use

This product is for preterm or low-birth-weight infants. Proper hygiene, handling, and storage are important when preparing fortified human milk. **Follow directions as specified by your health care professional. Improper dilution may be harmful.**



**1** Pour recommended quantity of breast milk into sterile feeding container.



**2** Product separation is normal. Massage contents until uniform.



**3** To open packet, tear top off completely along perforation. Add fortifier to human milk.



**4** Gently shake until mixed well.

Additional Calories Desired	Human Milk	Similac® Human Milk Fortifier	Approximate Yield
2 Calories/30 mL	50 mL	1 packet	55 mL
2 Calories/30 mL	100 mL	2 packets	110 mL
4 Calories/30 mL	25 mL	1 packet	30 mL
4 Calories/30 mL	100 mL	4 packets	120 mL

**Bottle feeding:** Discard any remaining product in the bottle within 1 hour after feeding begins.  
**Tube feeding:** Hang for no more than 4 hours.<sup>1</sup>

## Storage

- Cover and refrigerate unused fortified human milk and use within 24 hours.
- After refrigeration, remix gently if needed. Feed promptly.
- **Keep unopened packets at room temperature in the protective carton; avoid extreme temperatures.**

## Safety Precautions

**Never use a microwave oven to warm human milk; serious burns can result. ADD ONLY TO BREAST MILK. DO NOT ADD WATER.**

Additional Instructions:

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1. Steele C, Collins E (Editors). Infant and Pediatric Feedings: Guidelines for Preparation of Human Milk and Formula in Health Care Facilities, 3<sup>rd</sup> ed. Academy of Nutrition and Dietetics. 2019.