



SIMILAC® HUMAN MILK FORTIFIER POWDER— 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.

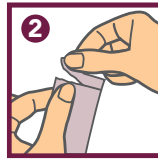
Patient's Name: _____ Date: _____

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 Gently shake container of breast milk. Pour recommended quantity into sterile feeding container.



2 To open packet, tear top off completely along perforation. Add fortifier to breast milk.



3 Shake gently and feed.

Additional Calories Desired	Human Milk	Similac® Human Milk Fortifier	Approximate Yield
2 Calories/30 mL	50 mL	1 packet	51 mL
2 Calories/30 mL	100 mL	2 packets	102 mL
4 Calories/30 mL	25 mL	1 packet	26 mL
4 Calories/30 mL	100 mL	4 packets	104 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.¹

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. Sterile liquids are preferred for infants who are premature, of low birth weight or immunocompromised.² This product is not sterile and should only be used as directed by a health care professional. **ADD ONLY TO BREAST MILK. DO NOT ADD WATER.**

Additional Instructions:



1. Steele C, Collins E (Editors). Infant and Pediatric Feedings: Guidelines for Preparation of Human Milk and Formula in Health Care Facilities, 3rd ed. Academy of Nutrition and Dietetics. 2019. 2. Government of Canada. Preparing and handling powdered infant formula. Date modified: 2022-05-20. [Accessed online on 2022-06-01].