

## Liquid Protein Fortifier

# Mixing Instructions



### Must be mixed with human milk, fortified human milk, or formula before feeding

- Use as directed by a doctor.
- Do not add water. Shake gently.
- Do not use if breakaway ring is missing or broken.
- The health of the infant depends on carefully following the directions for preparation and use. Proper hygiene, handling, and storage are important when preparing infant feedings.

### Directions for preparation and use



1

Twist off cap.



2

Pour Liquid Protein Fortifier into medicine cup.<sup>1</sup>



3

Draw up volume specified by a healthcare professional into a single-use oral syringe.<sup>1</sup>



4

Dispense into measured human milk or formula and swirl. Pour desired amount of mixture into feeding container.

### Storage

- Store unopened at room temperature; avoid extreme temperatures
- Fortifier: Refrigerate after opening; use within 72 hours or discard
- Fortified human milk or formula: Once mixed, refrigerate and use within 24 hours or discard

**Reference:** 1. Robbins ST, et al. Formula preparation and handling. In: *Infant Feedings: Guidelines for Preparation of Human Milk and Formula in Health Care Facilities*. 2nd ed. Chicago, IL: American Dietetic Association; 2011:80.



# Liquid Protein Fortifier

## Mixing Worksheet

DESIGNED TO PROVIDE THE INDIVIDUAL PROTEIN NEEDS OF PREMATURE INFANTS



### Recommended protein intake

- Expert guidelines recommend a range of 3.0–4.3 g/kg/day<sup>1-5</sup>

### Protein intake from preterm human milk

- Varies 1.5–2.96 g/kg/day<sup>6</sup>

## How to calculate how much Liquid Protein Fortifier is needed for preterm infant feedings:

—	_____	g protein/kg/day	<b>DESIRED PROTEIN INTAKE</b>
—	_____	g protein/kg/day	<b>CURRENT PROTEIN INTAKE</b>
=	_____	g protein/kg/day	<b>SUPPLEMENTAL PROTEIN NEEDED</b>
×	_____	kg	<b>BABY'S WEIGHT</b>
×	6	mL/g	<b>6 mL/g PROTEIN</b>
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=	_____	mL/day	<b>AMOUNT OF LIQUID PROTEIN FORTIFIER PER DAY</b>

**References:** 1. Klein CJ. *J Nutr.* 2002;132(6, suppl 1):1395S-1577S. 2. American Academy of Pediatrics, Committee on Nutrition. Nutritional needs of the preterm infant. In: Kleinman RE, Greer FR, eds. *Pediatric Nutrition*. 7th ed. Elk Grove Village, IL: American Academy of Pediatrics; 2014:93. 3. Tsang R, et al. *Nutrition of the Preterm Infant: Scientific Basis and Practical Applications*. 2nd ed. Cincinnati, OH: Digital Education Publishing; 2005:417. 4. CPS. *CMAJ.* 1995;152(11):1765-1785. 5. Adamkin D, ed. *Nutritional Strategies for the Very Low Birthweight Infant*. New York, NY: Cambridge University Press; 2009:107. 6. Corvaglia L, et al. *Early Hum Dev.* 2010;86(4):237-240.