

INFANT FORMULA PREPARATION GUIDELINES AND DILUTION CHARTS

FOR HEALTH CARE PROFESSIONAL USE ONLY

Hypocaloric and hypercaloric formulas should be used under medical supervision.

- Modifications (decrease/increase) of minerals and vitamins must be taken into consideration. Closer monitoring may be necessary.
- 27 Cal/30 mL or more calorically dense formula may not supply enough water for some infants. Hydration status should be monitored and water supplied from other sources if necessary.
- Gastrointestinal tolerance of hypo/hypercaloric formula may differ from standard dilution formula. Closer monitoring may be necessary.
- For improved tolerance, it is best to increase caloric density slowly, by 2- to 4-Cal/30 mL increments.

Ready to use (cans and HFS bottles)

- Do not dilute.

Concentrated Liquid (40 Cal/30 mL)

Standard dilution (20 Cal/30 mL) is one part concentrated liquid to one part water. See back of product label for detailed preparation instructions.

Caloric Density ¹ (Cal/30 mL)	Concentrated Liquid (mL)	+	Water (mL)	=	Final Volume (mL)
20 (standard)	30		30		60
24	90		60		150
27	60		30		90

Powder

Standard dilution (20 Cal/30 mL) is one level unpacked scoop of powder for each 60 mL of water. See product label for detailed preparation instructions.

Caloric Density ¹ (Cal/30 mL)	Unpacked Level Scoop(s) [†]	+	Water (mL)	=	Approximate Yield [‡] (mL)
20 (standard)	1		60		60
22	2		105		120
24	3		150		180
27	3		130		150

Scoop Measurement and Displacement Volumes for Infant Powders

Product	Grams of powder per scoop	Displacement volume per scoop [†] (mL)	Displacement volume per g of powder [‡] (mL)
Preterm Infants			
Similac® Neosure®	9.6	7.3	0.76
Similac® Human Milk Fortifier	N/A	N/A	0.69 [§]
Term Infants			
Similac® Alimentum®	8.7	6.6	0.76
Similac® Advance® Step 1	8.8	6.8	0.77
Similac® Advance® Step 2	8.8	6.8	0.77
Similac® Step 1	8.8	6.8	0.77
Similac® Lower Iron	8.8	6.8	0.77
Similac® Sensitive® Lactose Sensitivity	8.7	6.7	0.78
Similac® Step 2	8.8	6.8	0.77
Similac® Isomil® Step 1	8.7	6.7	0.77
Similac® Isomil® with DHA	8.9	6.8	0.76
Similac Total Comfort™	8.7	6.8	0.78
Go & Grow by Similac™ Step 3	10.4	6.7	0.64

[†] Use only scoop provided in the container.

[‡] Values are approximate.

[§] Per 0.9 g packet.

REFERENCE:

1. Adapted from Young T, Mangum B. Dilution Tables Neofax 17th ed. Raleigh NC 2004:232.

STORAGE GUIDELINES

TO ENSURE THE HIGHEST QUALITY OF UNOPENED PRODUCTS

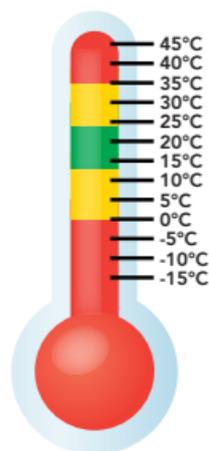
Ready to use or concentrated liquid

- Store at room temperature.

Avoid extreme temperatures. Do not freeze. While the product would remain sterile and the nutritional quality should not be affected, there could be changes to the physical consistency of the product that could affect its appearance, flavour, and other sensory attributes.

Powder

- Store in dry, cool area.
- Do not refrigerate.



GUIDELINES FOR PREPARING AND STORING FORMULA

Human Milk Fortifiers

See individual product pages for storage instructions of:

- Similac® Human Milk Fortifier Special Care® 30 Omega-3 and Omega-6
- Similac® Human Milk Fortifier
- LiquiProtein®

Ready to use

Cans and bottles: after opening, cover, refrigerate, and use within 48 hours.

945-mL reclosable plastic bottles: re-cap, refrigerate, and use within 72 hours.

Concentrated Liquid

- Open can (undiluted): cover, refrigerate, and use within 48 hours.
- Prepare as per label instructions.
- Pour into individual feeding bottles or cups, cover, and store in refrigerator.
- Use prepared formula within 48 hours.

Powder

- Prepare as per label instructions.
- Pour into individual feeding bottles or cups, cover, and store in refrigerator.
- Use within 24 hours.
- Cover opened container after each use.
- **Use product within 1 month of opening container.**

If ready-to-use, undiluted, or prepared formula is left at room temperature, it should be used within 2 hours.¹

STORAGE GUIDELINES

GUIDELINES FOR PREPARING AND STORING FORMULA (continued)

- Once feeding begins (first time the baby's mouth comes into contact with the nipple), use within 1 hour or discard.
- Do not reuse plastic bottles.

For PediaSure® products and Similac Mom®, if product is consumed directly from the original container (includes use of straw):†

- Use or refrigerate within 1 hour.
- If refrigerated, use product within 24 hours.

RECOMMENDED HANG TIMES

Ready to use (commercially sterile)

- 4-8 hours when carefully poured from bottle/can into an enteral-feeding setup.²

Reconstituted formulas

Includes: Concentrated liquid, powder, any formula to which a modular product has been added, or fortified human milk.

- Prepare using aseptic technique.
- Hang for no more than 4 hours.²

Health care facilities should have guidelines in place for using safe techniques in the preparation and use of tube feedings and in setting quality assurance protocols for monitoring those techniques.

EXPIRATION DATES

- To ensure the highest quality, use the formula by the date indicated.
- The vitamin content and the physical stability of the product cannot be guaranteed beyond the expiry date because both may degrade with time.

WARNINGS

- **Never use a microwave oven to warm formula;** serious burns can result.
- Abbott Nutrition products are not intended for parenteral use.

† This practice exposes the product to significant amounts of bacteria.

REFERENCES:

1. Health Canada Preparing and Handling Powdered Infant Formula. <http://healthycanadians.gc.ca/eating-nutrition/safety-salubrite/formula-nourrisson-eng.php>. April 12, 2011. Accessed on May 29, 2018.
2. Robbins ST, Meyers R. Infant feedings: Guidelines for Preparation of Human Milk and Formula in Health Care Facilities. 2nd ed. American Dietetic Association. Pediatric Nutrition Practice Group. 2011.