



# Formula Feeding & Preparation

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**Tripler Army Medical Center**  
**Lactation 433-3732**

Adapted from INACT Canada's Risks of Formula Feeding and Obstetrics & Gynecology, 2009. The Risks of Not Breastfeeding for Mothers and Infants. CDC: Tips on feeding with a bottle and safely preparing formula.



## **How to Prepare a Bottle**

Clean preparation surface

1. Wash your hands with soap & water, dry with clean cloth.
2. Heat water until it comes to a rolling boil, then remove from heat.
3. Read the instructions on the formula's packaging to find out how much water & how much powder you need.
4. Taking care to avoid scalds. Pour the correct amount of boiled water into a cleaned and sterilized feeding bottle. The water should be no cooler than 158 °F or 70°C, so do not leave it for more than 30 minutes after boiling. Add the exact amount of formula to the bottle. *\*The World Health Organization recommends mixing powdered formula with hot water because powdered formula is not sterile.*

## **Cleaning, Sterilizing & Storing**

It is very important that all equipment used to feed and to prepare feeds for baby has been thoroughly cleaned and sterilized before first use.

1. Wash your hands with soap & water, dry with a clean cloth
2. Wash all feeding & preparation equipment thoroughly in hot soapy water. Use a clean bottle and teat brush to scrub the inside and outside of bottles and nipples to make sure that all remaining feed is removed from the hard to reach places.
3. Rinse thoroughly in tap water.

## **Sterilizing**

Cleaned equipment can be sterilized using a commercial sterilizer (follow manufacturer's instructions), or a pot of boiling water.

1. Fill a larger pot with water
2. Place the cleaned feeding and preparation equipment into the water. Make sure that the equipment is completely covered with water and that no air bubbles are trapped
3. Cover the pot with a lid and bring to a rolling boil, making sure the pot does not boil dry.
4. Keep the pot covered until feeding equipment is needed.

## **Storing**

1. Wash and dry your hands before handling sterilized equipment.
2. It is recommended that you use sterilized forceps for handling sterilized equipment.
3. If you remove feeding and preparation equipment from the sterilizer before you need it, keep it covered in a clean place.
4. Fully assemble feeding bottles if you remove them from the sterilizer before you need them. This prevents the inside of the bottle, and the inside and outside of the nipple from becoming contaminated again.

## Feeding Baby a Bottle

- Always hold your baby when feeding and NEVER prop the bottle.
- While feeding, hold the bottle at an angle that prevents baby from sucking air.
- Pace the feeding and try not to let baby suck down the bottle within a few minutes.
- Baby’s tummies are small in the first days of life. Within the first week baby may take up to 1 ½-2 ounces of formula.
- Feed baby when showing feeding cues, at least 8 times in 24 hours.
- Burp baby after every ½-1 ounce of formula.
- Feeding time is a perfect time to interact with your baby, especially if baby is alert.
- If warming a bottle, always test the temperature of formula on your forearm.
- Always mix and give formula according to the manufacture’s guidelines.
- Only feed formula or expressed breastmilk unless otherwise ordered by the baby’s doctor.
- Do not mix baby cereal or other products with the formula unless ordered by the baby’s doctor.

## Risks of Not Breastfeeding

- Provides less protection from illnesses such as diarrhea, pneumonia, meningitis, ear infections and SIDS.
- Decreases potential long-term health advantages including fewer allergies, lower risk of developing obesity, diabetes, heart disease, or autoimmune system disorders
- Unlike formula, breast milk is always ready and available and is much more cost effective.
- The first year of life, average formula to feed an average baby costs \$1,733.75 while the cost of breastmilk is \$0. Since you don’t have to buy and measure formula, sterilize bottles and nipples, or warm bottles, breastfeeding saves you time and money.
- Breastfeeding burns extra calories, so it can help you lose pregnancy weight faster. Breastfeeding also lowers the incidence of breast and ovarian cancers and diabetes.

Diapers	Wet	Stool Color	Estimated amount per feeding (30 mL=1 oz)	
Day 1	1	black tarry/meconium	Day 1	2-10 mL
Day 2	2	black tarry/meconium	Day 2	10-15 mL
Day 3	3	dark green/brown	Day 3	25-30 mL
Day 4	4	dark green/brown	Day 4	45-60 mL
Day 5	5	yellow, seedy or loose	Day 10	60-80 mL
Day 6	6-8	yellow, seedy or loose	1 Month+	80-150 mL
<p>*If baby has not stooled for 1 week or is fussy, spitting up more than normal, or has a distended stomach notify your physician and/or go to the Emergency Department for stools that are white/gray, black or red.</p> <p style="text-align: center;"><i>American Academy of Pediatrics/HealthyChildren.org</i></p>				