

How to Prepare Formula for Bottle-Feeding at Home

Powdered infant formula is not sterile. Prepare and store formula properly to reduce the risk of illness.

Cleaning and Sterilizing

It is very important to clean and sterilize all the equipment such as bottles, bottle nipples, and lids before use to remove harmful bacteria.

Cleaning

1. Wash your hands with soap and water.
2. Wash all equipments in hot soapy water. Use a brush to scrub the bottles and nipples.
3. Rinse in safe water.

Sterilizing

1. Place equipment into boiled water and make sure all equipment is completely covered with water.
2. Use equipment when feeding is needed.

Measuring and mixing formula

No matter which type of formula you choose, it's important to measure and mix it properly. The wrong balance of formula and water can cause serious health consequences.

- Too much water may dilute the formula; it will contain fewer calories per ounce, which causes nutrient deficiency and lead to failure to thrive.
- In severe cases, it can lead to a stroke, seizure, coma or even death for an infant.

Steps to prepare bottle-feeding



1. Clean the area to prepare feeding.
2. Wash your hands with soap and water; air dry your hands.
3. Boil water to at least 70°C.
4. Read instructions on the formula's packaging carefully.
5. Avoid scalds; pour the correct amount of boiled water into a clean and sterilized feeding bottle.
6. Add the exact amount of formula to the water in bottle.
7. Mix thoroughly by shaking the bottle.
8. Cool down the bottle under cold running tap water before feeding.
9. Dry the outside of the bottle with a clean or disposable cloth.
10. Check the temperature.
11. Formula is now ready for bottle-feeding.
12. Throw away any feed that has not been consumed within 2 hours.

Do not microwave milk!



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