

Breast Milk Fortified with Formula 22 calories per ounce

75 mL (2.5 ounces) breast milk + ½ teaspoon (tsp) any powder infant formula

- Use a measuring teaspoon, NOT the scoop that comes in the can of formula.
- It is NOT SAFE to change this recipe for your baby's feedings.
- If you run out of breast milk, stop using this recipe. Your recipe will be different for formula only.

If you have any questions, please contact your doctor or the Clinical Nutrition Department at 720-777-2691.

The following infant formula powders may be used to prepare this recipe:

- Elecare
- EnfaCare
- Enfamil Gentlease
- Enfamil Premium Infant
- Enfamil Prosoabee
- Gerber Good Start Gentle
- Nutramigen
- Pregestimil
- Similac Total Comfort
- NeoSure
- Alimentum
- Similac Advance
- Similac Soy Isomil
- Similac Sensitive
- Any Infant formula powder

Reminders:

- Do not microwave breast milk as it will kill the good nutrients.
- Breast milk with formula should be stored in the refrigerator and used within 24 hours.
- Extra breast milk with formula that is not eaten after feeding your baby should be thrown away.
- Hang time for tube feeds with breast milk should not be more than 4 hours.

This fortified breast milk recipe was a collaborative effort between Children's Hospital Colorado, St. Joseph Hospital, Denver Health, Rocky Mountain Hospital for Children, University of Colorado Hospital, Memorial Hospital, and Poudre Valley Hospital.

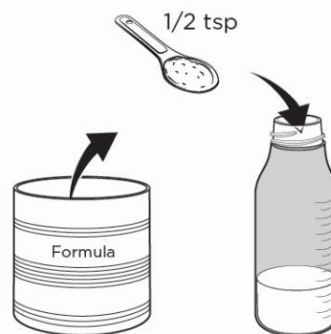
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Making a Bottle

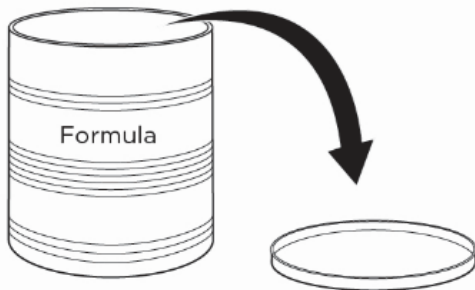
Step 1: Wash your hands, bottles and measuring spoons with soap and water.



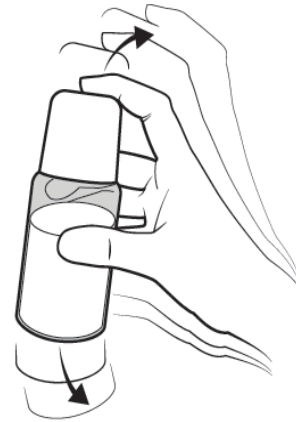
Step 4: Measure 1/2 teaspoon (tsp) of formula and add it to the bottle of breast milk.



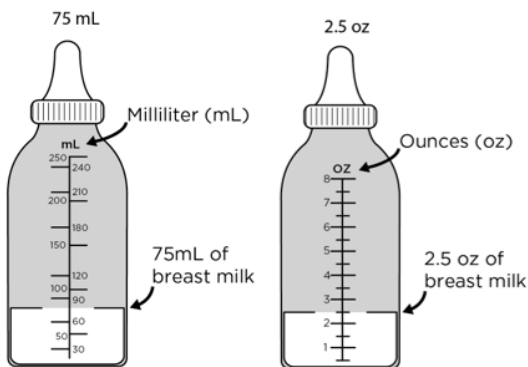
Step 2: Take the lid off the formula and put it on a clean, dry surface with the inside of the lid facing up.



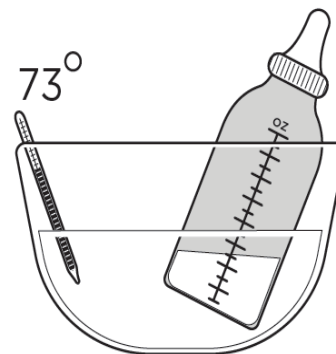
Step 5: Put a lid on the bottle and gently shake the bottle to mix the formula and breast milk together.



Step 3: Set the bottle on a flat surface and then pour 75 mL (2.5 ounces) of breastmilk into the bottle.



Step 6: If the breast milk is cold, warm the bottle by putting it into warm water. The milk should be room temperature.



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