

## Breast Milk Fortified with Formula 24 calories per ounce

### 75 mL (2.5 ounces) breast milk + 1 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.*

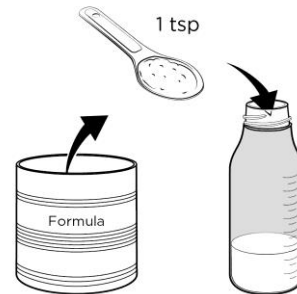
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## Making a Bottle

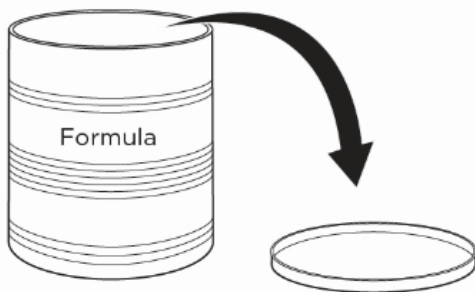
**Step 1:** Wash your hands, bottles and measuring spoons with soap and water.



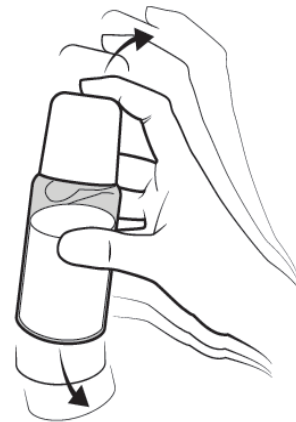
**Step 4:** Measure 1 teaspoon (tsp) of formula and add it to the bottle of breast milk.



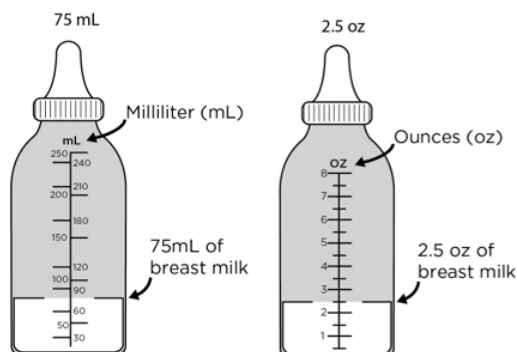
**Step 2:** Take the lid off the formula and put it on a clean, dry surface with the inside of the lid facing up.



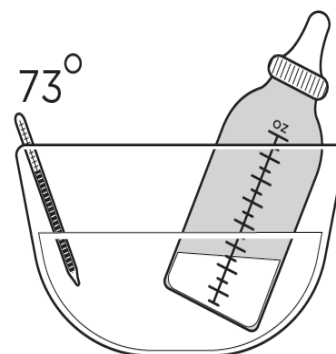
**Step 5:** Put a lid on the bottle and gently shake the bottle to mix the formula and breast milk together.



**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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**Author: Clinical Nutrition | Approved by Patient Education Committee | Valid through 2027**

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