

PREPARING LIQUID CONCENTRATE INFANT FORMULA

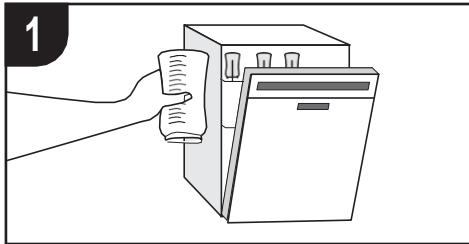
BEFORE YOU BEGIN

- Look at the date on the can. It will say “Best if used by” or “Best by.” Don’t use formula after this date.
- Store unopened cans at room temperature.
- Wash your hands for at least 20 seconds with water and soap.
- Clean your work surface.
- Wash the top of the can.
- Shake the can well.
- Ask your doctor if you need to boil clean utensils, feeding bottles, nipples or your tap water before mixing formula. Ask about using bottled water.

AFTER YOU FINISH

Storing opened cans of liquid concentrate formula:

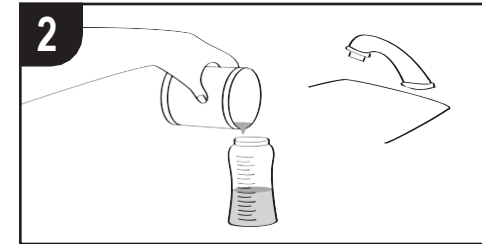
- Make sure the lids are put on tightly.
- Refrigerate unused formula in a container with a lid and use within 48 hours.



CLEAN BOTTLES

Wash all bottles and bottle parts in the dishwasher using a full cycle, **OR** follow these steps:

1. Wash in hot, soapy water. Rinse thoroughly.
2. Put washed bottle and bottle parts in a pot and cover with water. Bring to a boil and boil for five minutes.
3. Remove pot from heat. Take bottles and parts out. Place on a clean surface to air dry.

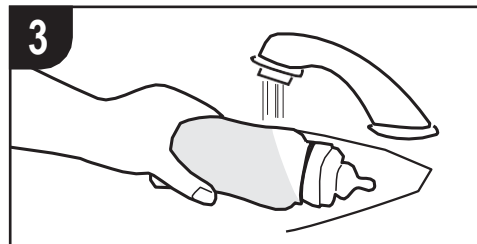


LIQUID CONCENTRATE FORMULA

- Shake the can before opening.
- Mix liquid concentrate formula with an equal amount of water. Use the ounce markings on the bottle.
- Shake or stir formula well.

Example:

Measure 4 ounces of formula into a clean bottle and add 4 ounces of cold tap water. Mix all formula into separate infant bottles to allow proper storage.



YOU DON'T HAVE TO WARM THE FORMULA

If you choose to warm the formula:

- Hold the bottle of formula under warm running water or place it in a bowl of warm (not boiling) water.
- **Don't microwave it.** This can cause uneven heating and possibly burn your baby's mouth.



ALWAYS TEST THE BOTTLE BEFORE FEEDING

- Sprinkle a few drops of formula on the inside of your wrist. It should not feel hot.
- Feed your baby right after mixing.
- After a feeding, always throw out any formula left in the bottle. Bacteria from your baby's mouth gets mixed with the formula during feeding.



REFRIGERATE FORMULA BOTTLES

- Mix just enough for one feeding or, at most, just enough for 48 hours.
- Cover each bottle with a nipple cap. Refrigerate it until ready to use.
- Don't leave prepared formula at room temperature. Don't freeze it.



DOH 961-138 October 2022

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.