

# SAFE FORMULA PREPARATION

It is important to properly prepare formula for your newborn baby to protect them from infection and illnesses. Powdered infant formula is not sterile and newborns are susceptible to germs, especially during the first six weeks of life. By using proper hygiene and preparation, you can help ensure that your baby stays healthy.

## How to Safely Prepare Formula:

- Always wash your hands well with soap and water before preparing formula.
- Bring water to a rolling boil for 5 minutes. If using an electric kettle, just wait until it switches itself off.
- Pour the correct amount of hot water over the correct amount of powdered formula.
- You can wait to pour the boiled water over powdered formula for up to 30 minutes, but it's important the water you use to prepare the formula is at least 158°F (or 70°C) to kill any potential bacteria in the powdered formula or container.
- If you are using the mixed formula immediately you can cool it in a clean bowl of cold water until it is about body temperature (which is 98°F or 37°C). Test it on the inside of your wrist.
- Store freshly prepared formula in the refrigerator.
- Freshly prepared formula should not sit at room temperature for more than 2 hours.
- If bottle has touched your baby's lips but is not finished, the remainder should be discarded and not saved to give to baby later.

## Frequently Asked Questions:

### Should I use bottled water or distilled water for formula preparation?

You can, but it's not necessary. Bottled water is not always as clean as we think. Regardless of whether you use tap water or bottled water, you will still have to heat the water to at least 158°F before mixing with powdered formula because the powder itself is not sterile. If you live in an old building or are concerned about the purity of your water, you can have your water tested.\*

### Should I just use ready-to-feed formula to be safer?

Ready to feed formula (like we use in the hospital) is sterile, but very expensive and not necessary. Properly prepared formula is just as safe as ready to feed. Ready to feed can be convenient for traveling and/or situations where you do not have access to a clean area and equipment to boil water.

### Can I warm up formula in the microwave?

No, microwaving formula can create "hot spots" that can be dangerous for your baby.

\*The City of Bend has reported that small amounts of cryptosporidium have been found in the city water supply and recommend that all water being used for formula preparation be sterilized. A membrane water filtration system is being installed and should be in place by April 2016.