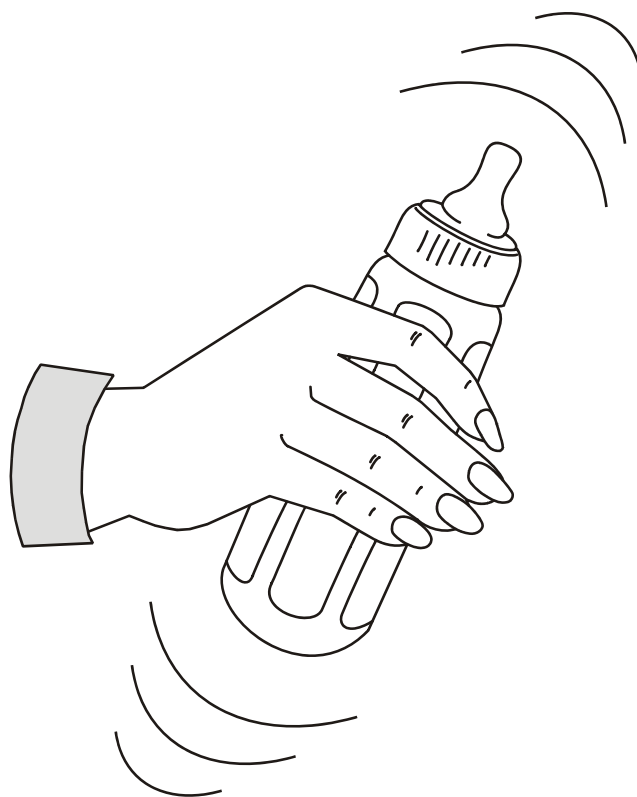


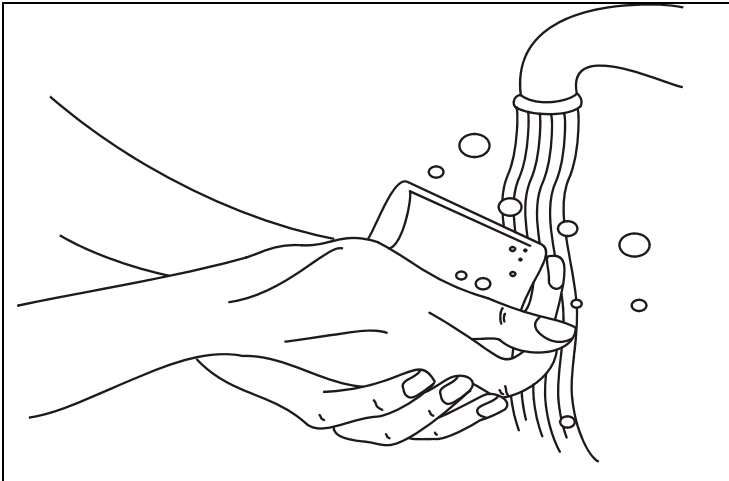


Patient Education

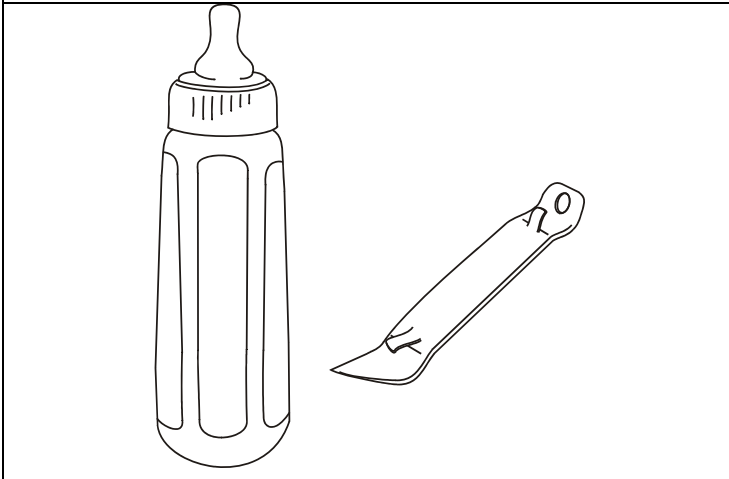
Making baby formula from liquid concentrate



How to sterilize supplies

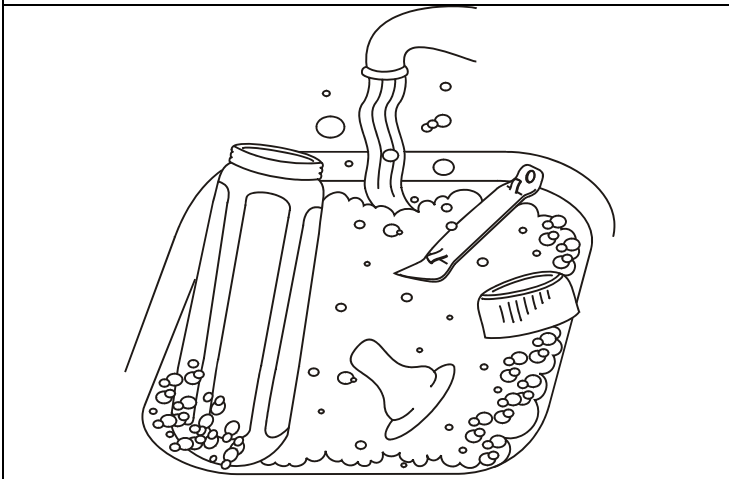


Wash your hands with soap and warm water.

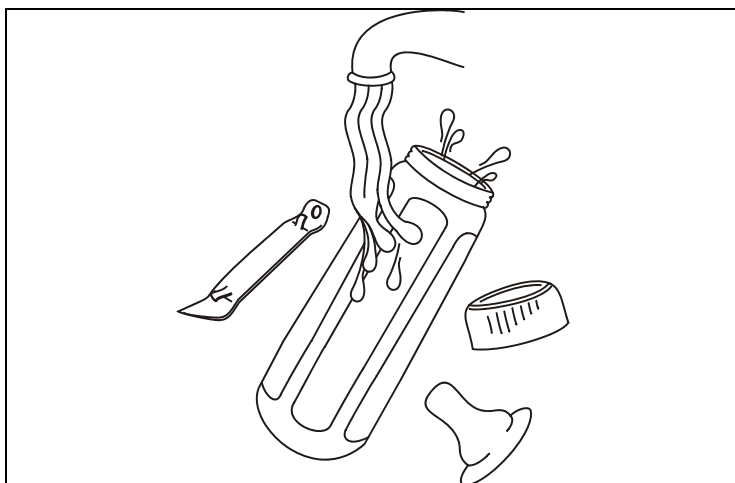


Collect the supplies you will need:

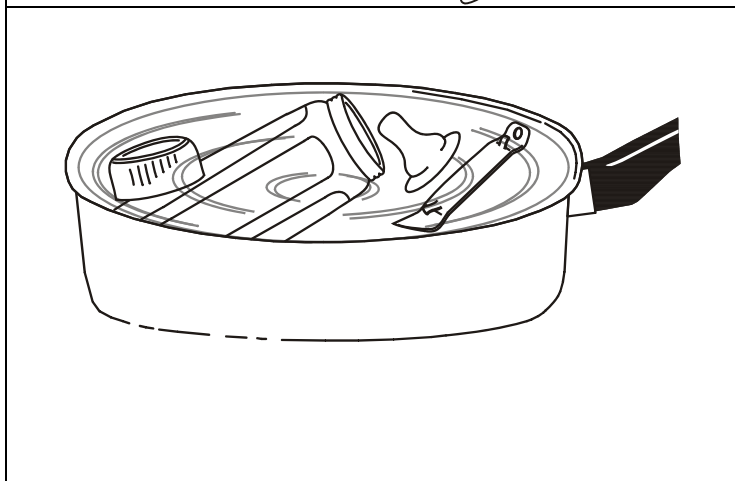
- bottle
- can opener



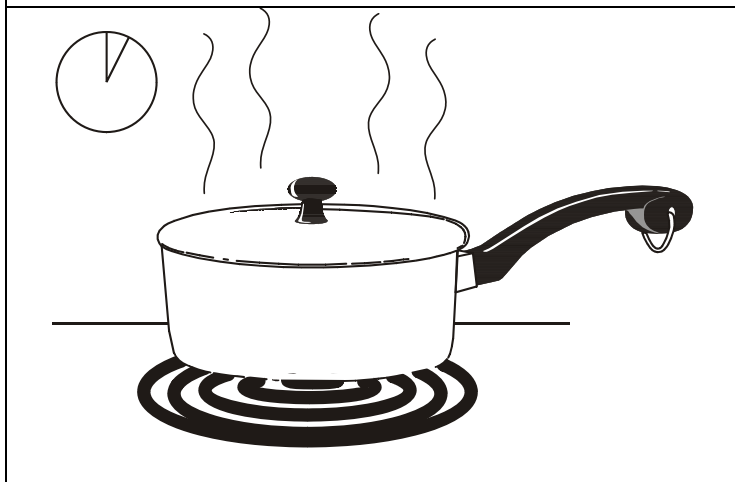
Wash all supplies in hot soapy water.



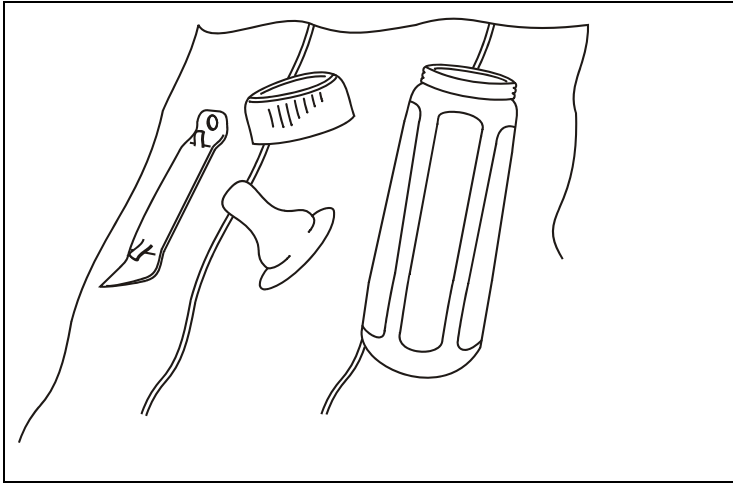
Rinse well.



Put the supplies in a pot with water.

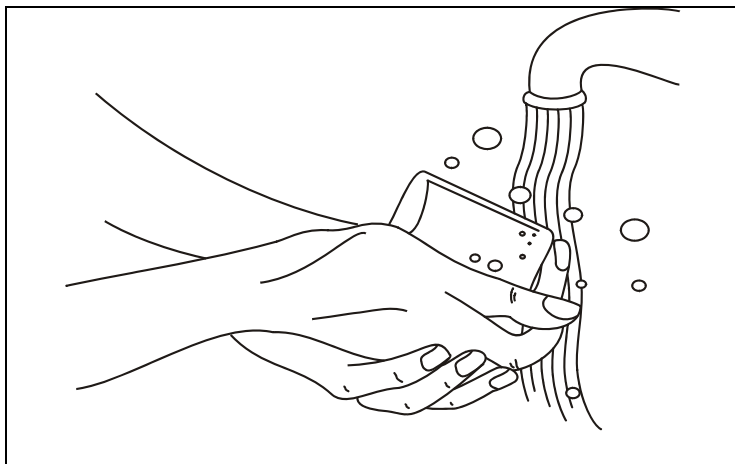


Cover pot.
Boil for 2 minutes.

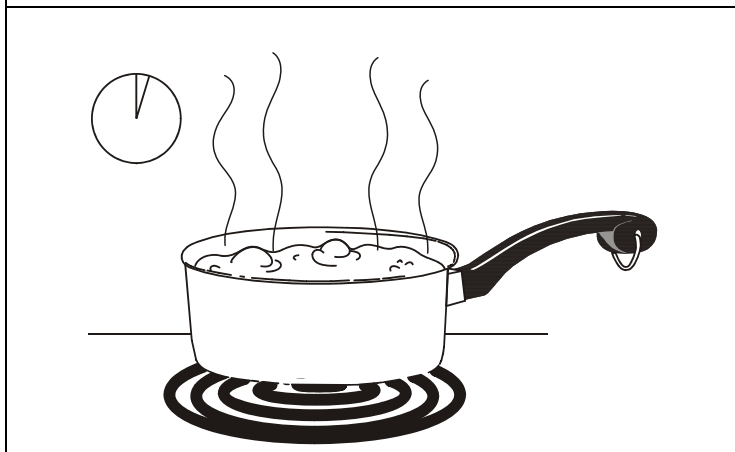


Remove from pot and
let supplies cool.

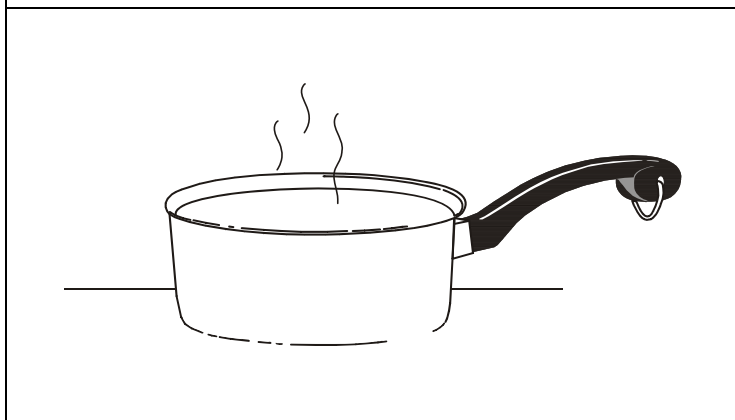
Making the baby formula



Wash your hands with soap and warm water.

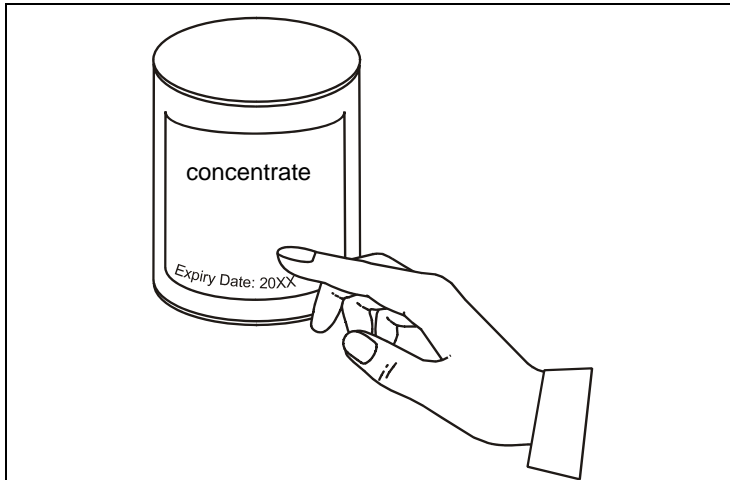


Heat water in a pot or kettle to a rolling boil for at least 2 minutes. Do not use a kettle that shuts off before the water has boiled for 2 minutes.



Let water cool to lukewarm.

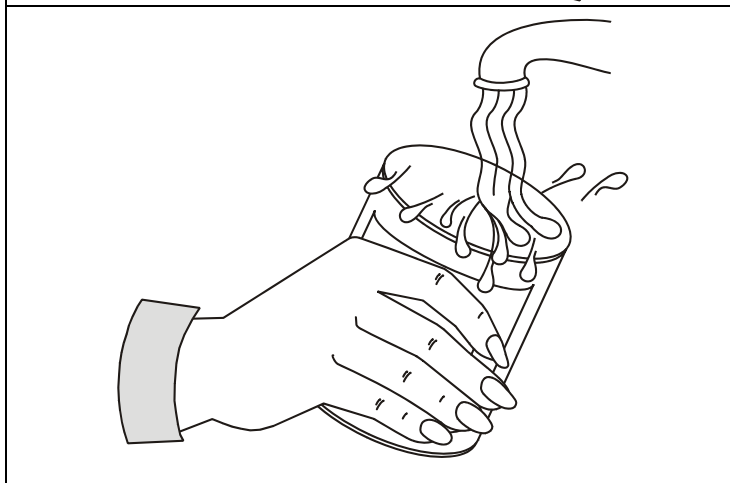
Sterilize water until your baby is at least 4 months old.



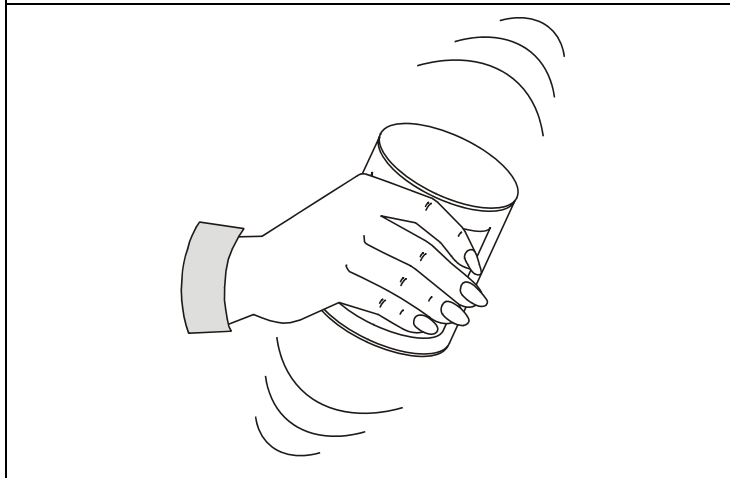
Read the label.

Check that:

- the word “concentrate” is on the label
- the expiry date has not passed



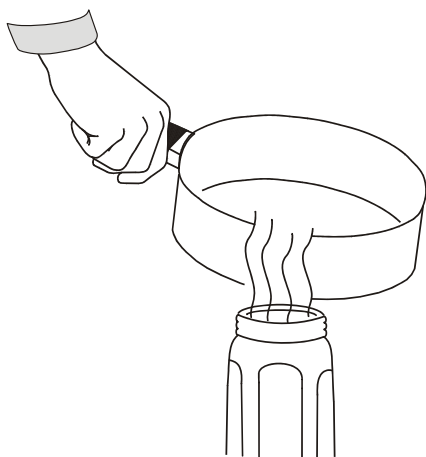
Wash top of can with hot water.



Shake can.



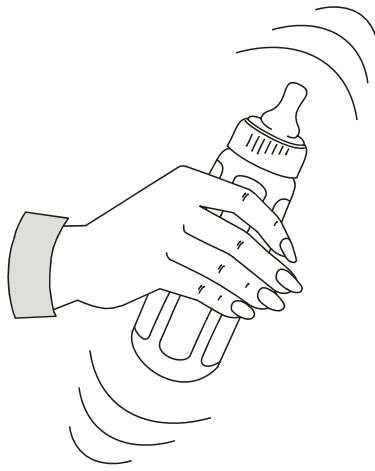
Open can with
sterile opener.



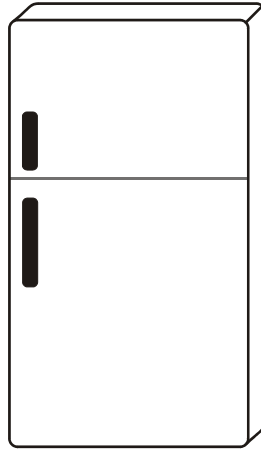
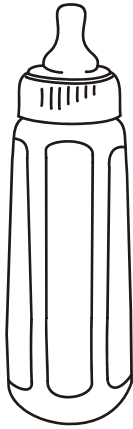
Add _____ of boiled,
cooled water into
empty bottle.



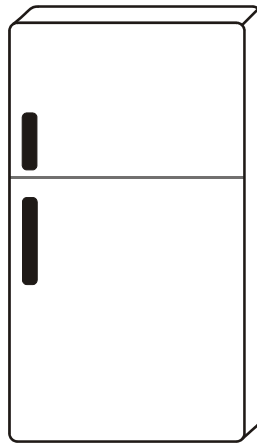
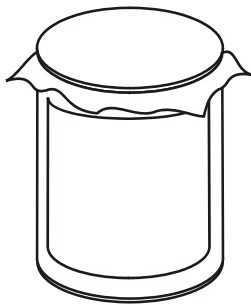
Add _____ of liquid
concentrate to bottle.



Shake bottle.



Put bottle in fridge.
Use within 24 hours.



Tightly cover open
can and put in fridge.
Use within 24 hours.