



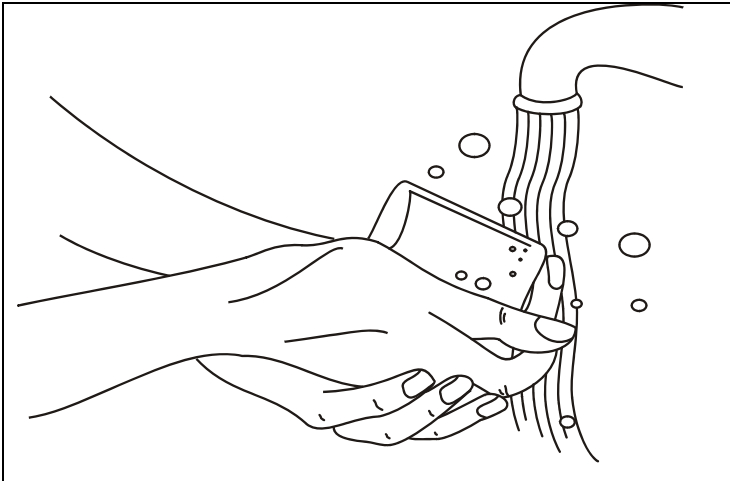
Patient Education

# Making baby formula from powder

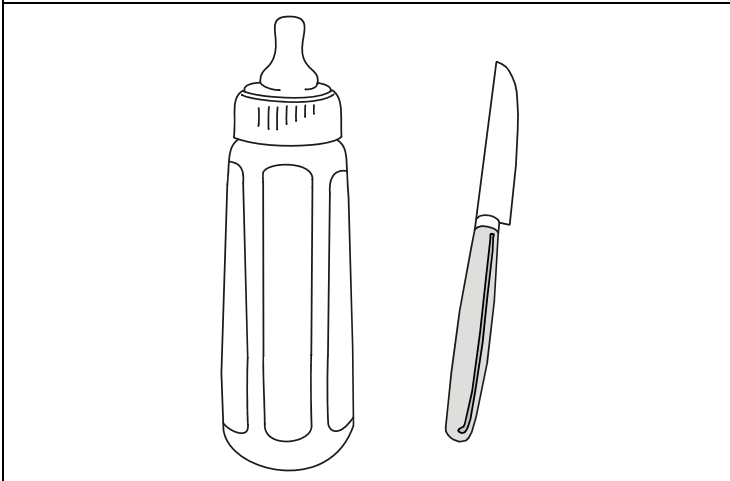
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## How to sterilize supplies

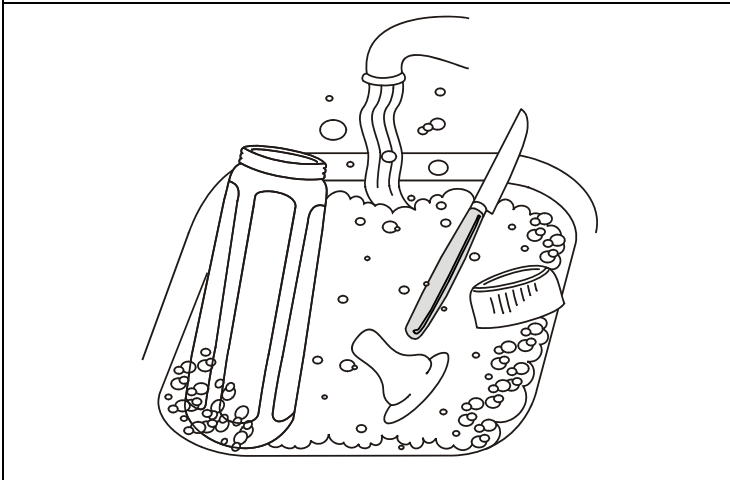


Wash your hands with soap and warm water.

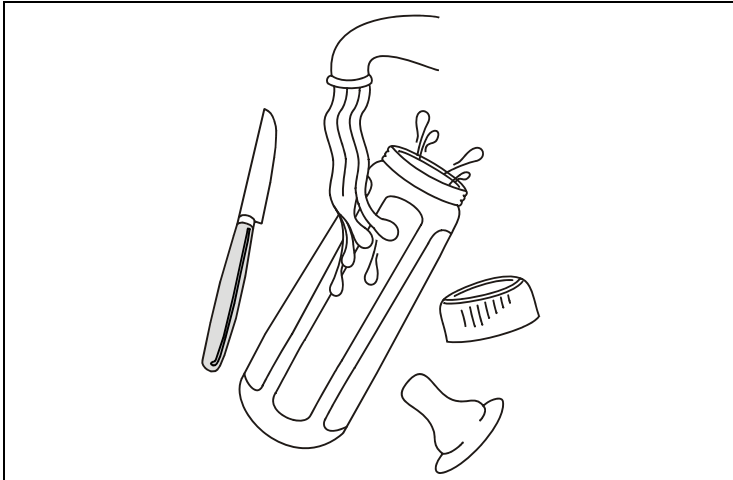


Collect the supplies you will need:

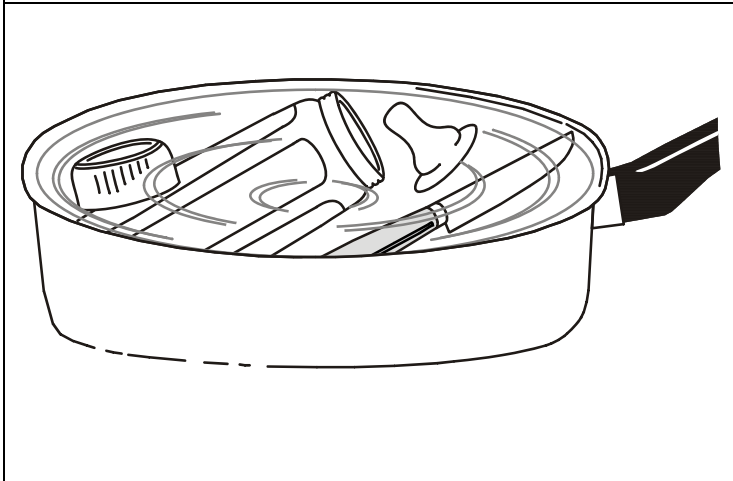
- bottle
- knife



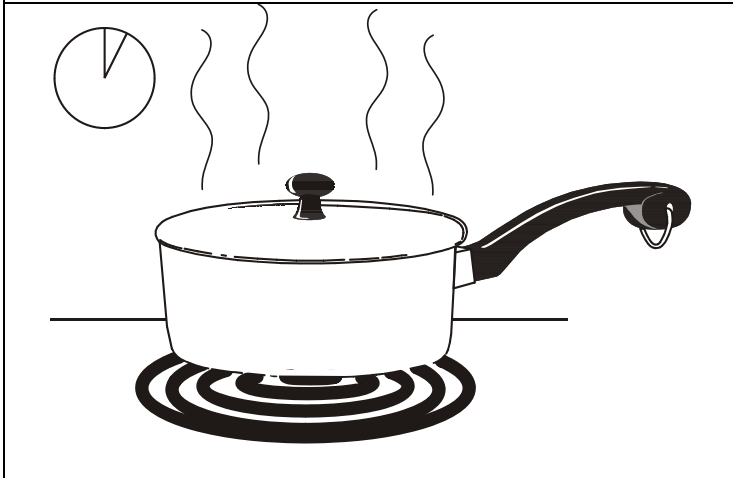
Wash all supplies in hot soapy water.



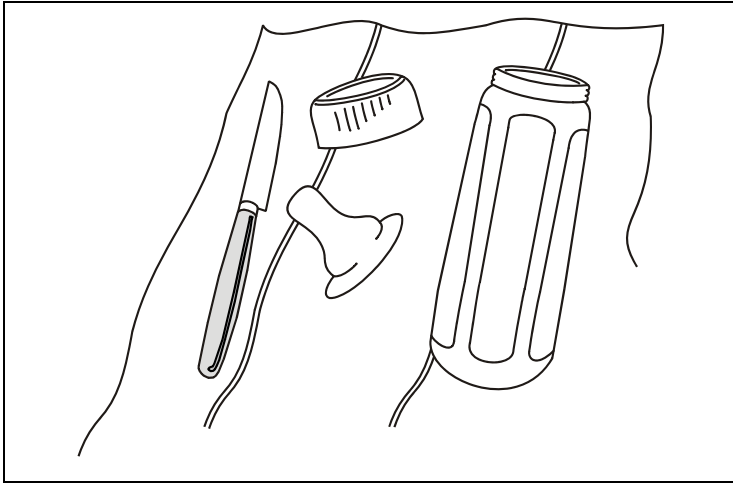
Rinse well.



Put the supplies in a pot with water.

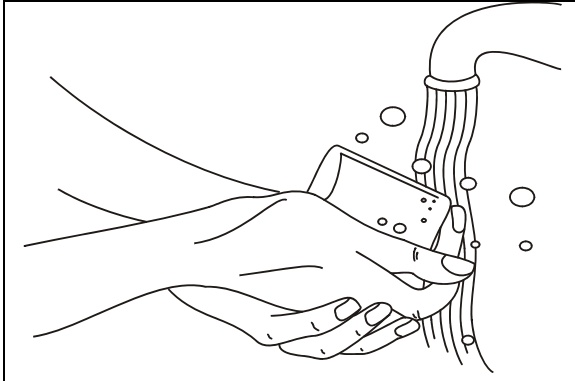


Cover pot.  
Boil for 2 minutes.

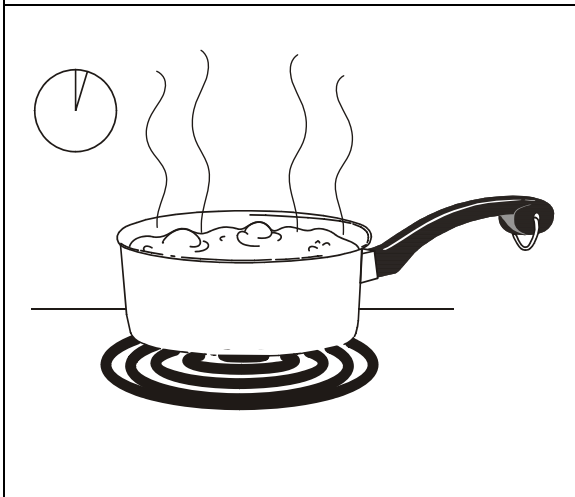


Remove from pot and let supplies cool.

## Making the baby formula

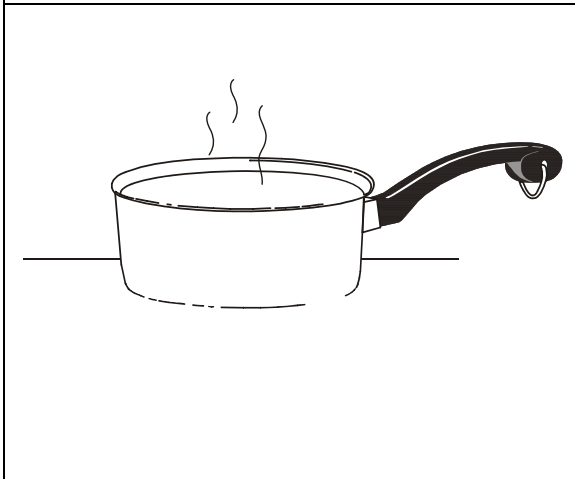


Wash your hands with soap and warm water.



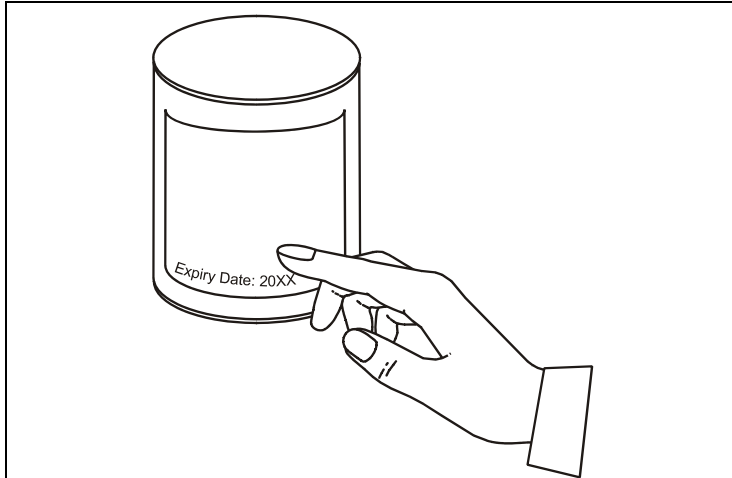
Heat water in a pot or kettle to a rolling boil for at least 2 minutes. Do not use a kettle that shuts off before the water has boiled for 2 minutes.

If you are making powdered formula for a baby that is ill or less than 2 months old and premature or low birth weight – use the water within 30 minutes.

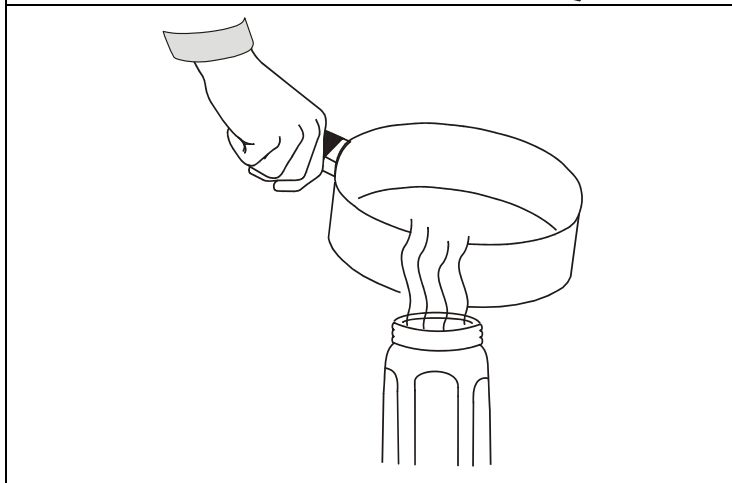


If you are making powdered formula for a healthy, full-term baby you can let the water cool to room temperature.

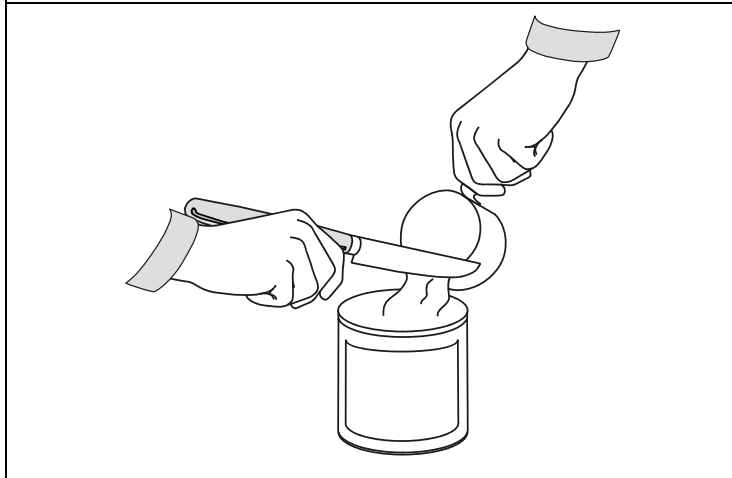
**Sterilize water until your baby is at least 4 months old.**



Read the label.  
Check that the expiry  
date has not passed.

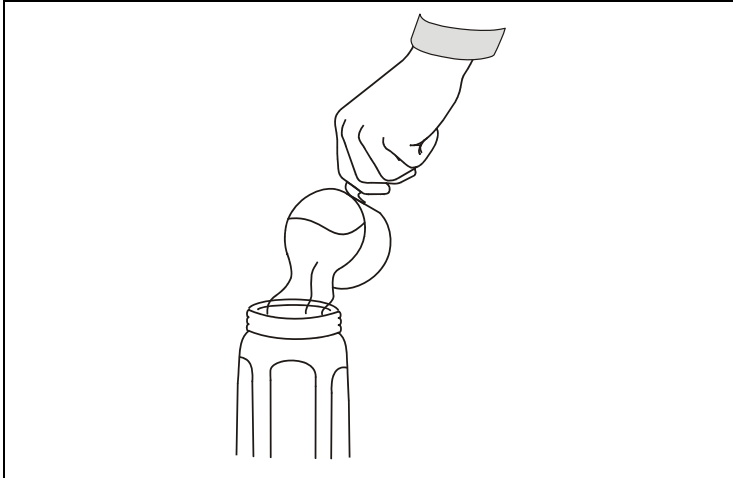


Add \_\_\_\_\_ of cooled  
water into empty bottle.

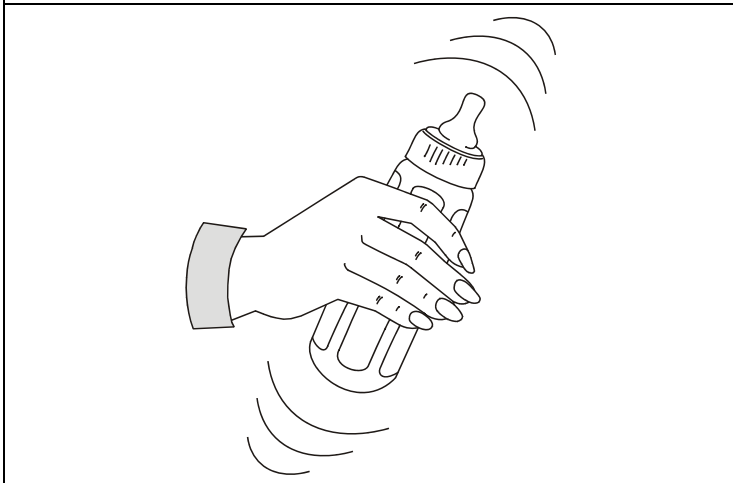


Fill scoop from can and  
level with a knife.

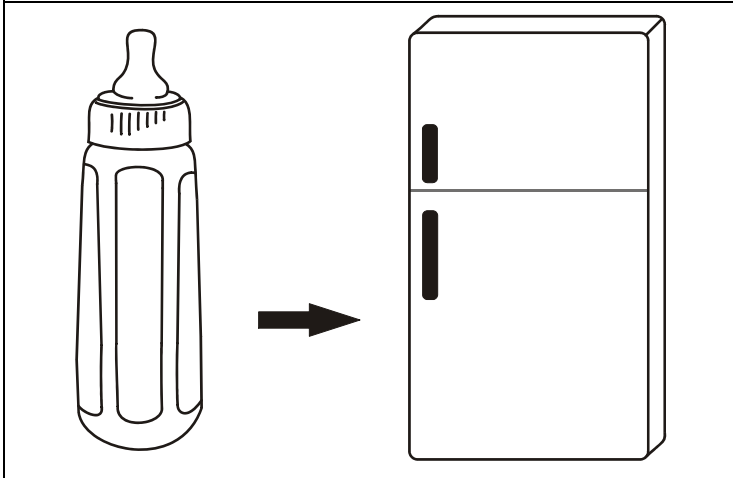
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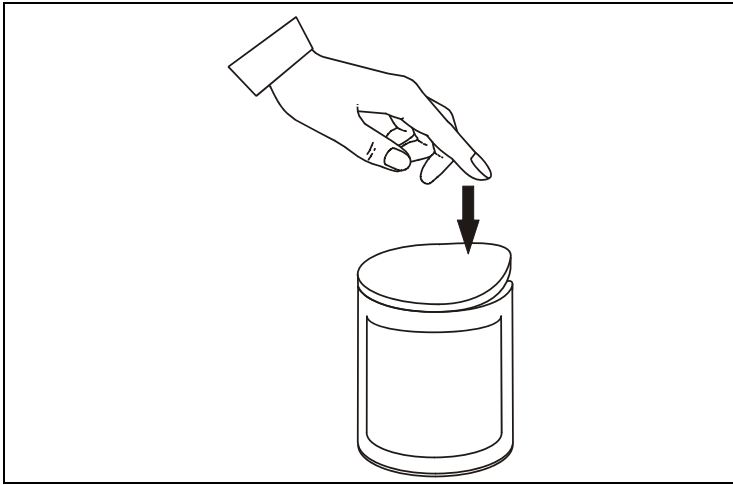
Add \_\_\_\_\_ of powder to the bottle.



Shake bottle.



Put bottle in the fridge.  
Use within 24 hours.



Cover can with plastic lid.  
Use within 1 month.

**Dietitian's notes:**

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