

Guide to making up a bottlefeed

You need to prepare feeds when required, storing or freezing formula milk is not recommended. Remember it's always best to follow manufacturers instructions.



1. Wash and sterilise bottles and teats according to manufacturer's instructions. Wash your hands and wipe clean all surfaces to prevent the spread of germs.



2. Boil freshly run tap water and leave to cool for 30 mins, unless otherwise indicated on pack. Measure required amount of water (refer to on-pack instructions) into a sterilised bottle. Do not use repeatedly boiled water.



3. For accurate dosage, always use scoop provided and level off powder with built-in leveller (if provided). Alternatively, level with a clean, dry knife. Do not press extra powder into scoop.



4. Add correct measure of powder to water. Adding too many or too few scoops can be harmful. The feeding instructions on the pack will give you an indication of the number of feeds your baby may need per day.



5. Screw cap on bottle and shake well for 10 seconds to dissolve powder in water. If necessary, cool feed under cold running water. Remove seal and replace with sterilised teat. Test temperature of milk by allowing some drops to fall on your wrist. If it feels comfortable, it should be just right for your baby. Do not heat feeds in a microwave as hot spots can occur and cause scalding.



6. Use made-up feeds within two hours. Once used, discard any leftover milk, wash bottles and teats, and re-sterilise, ready for next feed.

IMPORTANT NOTICE: Breastfeeding is best for babies and provides many benefits. It is important that, in preparation for and during breastfeeding, you eat a healthy, balanced diet. Combined breast and bottlefeeding in the first weeks of life may reduce the supply of your own breastmilk, and reversing the decision not to breastfeed is difficult. The social and financial implications of using an infant milk should be considered. Improper use of an infant milk or inappropriate foods or feeding methods may present a health hazard. If you use an infant milk, you should follow manufacturer's instructions for use carefully – failure to follow the instructions may make your baby ill. Always consult your doctor, midwife or health visitor for advice about feeding your baby.