

How to safely prepare and store your infant formula

Infant formula products are the only safe and suitable alternative to breast milk. Before using infant formula, talk to your general practitioner or dietitian who can provide professional advice. Below is a guide for safe and correct preparation of infant formula.

When preparing your infant formula product always read and follow the instructions exactly as they appear on the container. Each formula has its own instructions and scoop size, which can differ between products. These instructions include how to prepare and store the formula and how to prepare bottles and teats. **If you do not follow the instructions exactly, you can make your baby very sick.**

WHAT TO DO



- Check the date-mark on the container and make sure the container is in good condition.
- Follow the instructions on the container exactly.
- Clean countertops and wash your hands before preparing bottles.
- Use clean and sterilised bottles, teats and utensils.
- Prepare each bottle separately.
- Use boiled and cooled safe drinking water.
- Only use the scoop provided.
- Use the amount of water and powder stated on the container.
- Throw out any formula left over, within 2 hours after a feed.
- If storing the prepared bottle before use, refrigerate it and use within 24 hours.

WHAT NOT TO DO

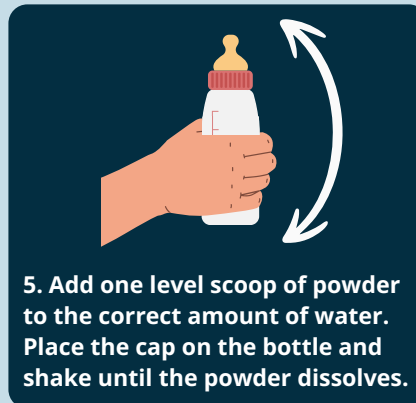
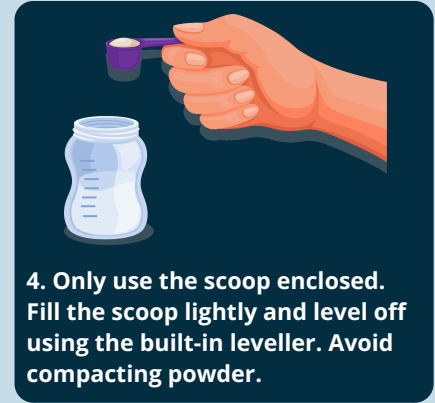


Unless directed to by your healthcare professional such as a general practitioner or dietitian.

- Do not use a scoop other than the one provided.
- Do not change the amount of water or powder stated on the container.
- Do not dilute ready-to-drink formula.
- Do not add other foods to the formula.

Example preparation instructions

This is an example guide only. Please read the preparation instructions on your infant formula product for the safe and correct preparation.



Prepare each bottle separately. It is safest to use immediately after being prepared.