

# IN CARE OF KIDS



## Breast Milk Fortified with Similac Human Milk Fortifier 24 calories per ounce

**25 ml breast milk +1 packet of Similac Human Milk Fortifier**

**Or**

**50 ml breast milk + 2 packets of Similac Human Milk Fortifier**

**\*Important:** Only add the fortifier to breast milk, never add to water or formula. Mix with full packets, do not split packets. If you run out of breast milk, you should stop using this recipe. Your recipe will be different for formula.

### Questions or Concerns:

If you have any questions or concerns, you can contact:

- your doctor
- the Clinical Nutrition Department at 720-777-2691, **or**
- the Lactation Department at 720-777-6548.

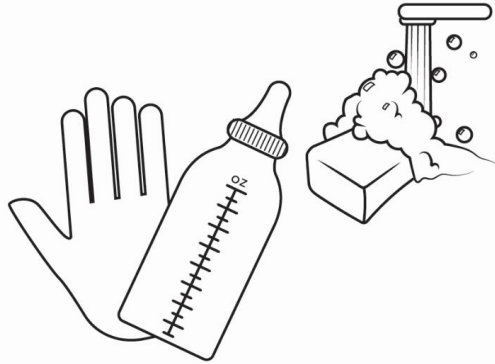
### Handling Tips:

- Do not microwave breast milk as it will kill the good nutrients.
- Breast milk with human milk fortifier should be stored in the refrigerator and used within 24 hours.
- Extra breast milk with human milk fortifier that is not eaten after feeding your baby should be thrown away.
- Hang time for tube feedings with breast milk should not be more than 4 hours.
- Follow the directions as described above. Improper mixing may be harmful to your baby.

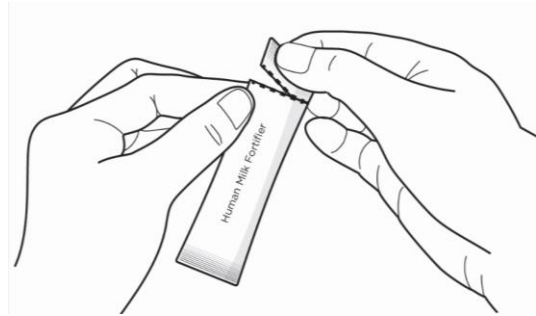
*This fortified breast milk recipe was a collaborative effort between Children's Hospital Colorado, St. Joseph Hospital, Denver Health, Rocky Mountain Hospital for Children, University of Colorado Hospital, Memorial Hospital, and Poudre Valley Hospital.*

# Making a Bottle

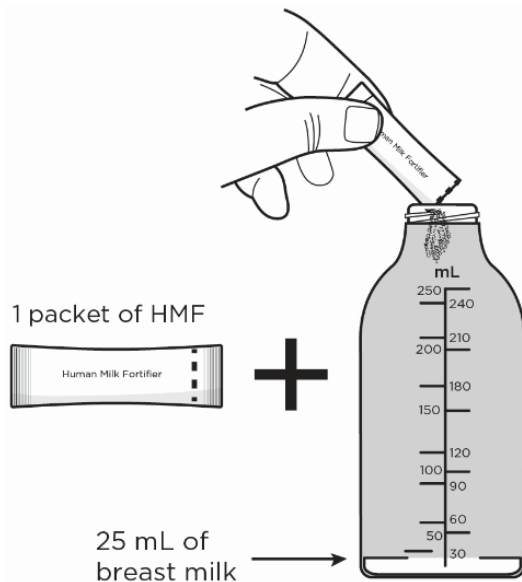
**Step 1:** Wash your hands and bottles with soap and water.



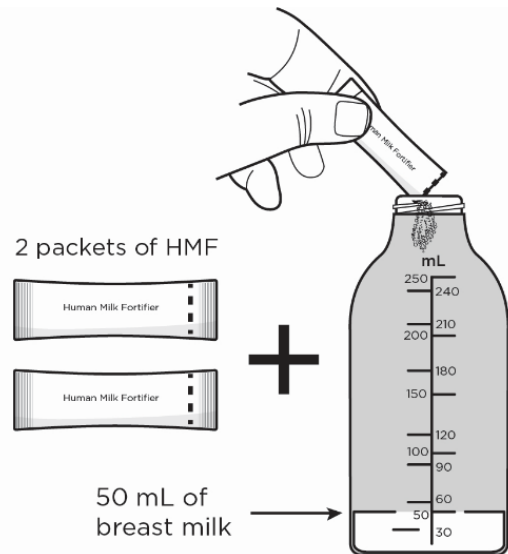
**Step 2:** To open packet, tear the top off completely along the perforated line.



**Step 3:** Set the bottle on a flat surface and pour 25mL or 50mL of breast milk into the bottle. Then add 1 packet of fortifier to 25mL of breast milk or add 2 packets of fortifier to 50mL of breast milk.



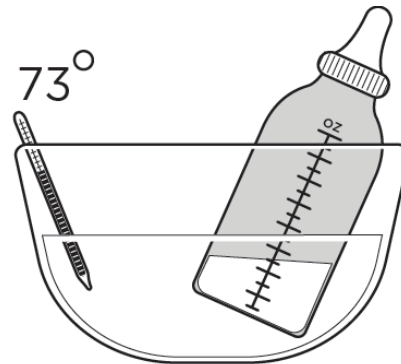
**OR**



**Step 4:** Put a lid on the bottle and gently shake the bottle to mix the fortifier and breast milk together.



**Step 5:** If the breast milk is cold, warm the bottle by putting it into warm water. The milk should be room temperature.



Illustrations Copyright 2016 Regents of the University of Colorado. All Rights Reserved. Illustrations created by Berrien Chidsey.

Author: Clinical Nutrition

Approved by Patient Education Committee

Valid through 2019

The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.