



**SERVIZIO SANITARIO REGIONALE
EMILIA-ROMAGNA**

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INGLESE

Come preparare in sicurezza il latte artificiale in polvere

How to safely prepare powdered formula milk

The World Health Organization recommends exclusive breastfeeding in the first months of life. However, there are situations in which breastfeeding is not possible or is simply delayed. In these cases, it is necessary to integrate (*often only temporarily*) or exclusively resort to formula milk. Therefore it is best to be aware of the correct way to prepare this food.



Boxes and packs of formula milk, even when sealed, can contain bacteria, such as *Enterobacter Sakazakii*, which in some rare cases can cause severe infections.

To reduce the risk of infection, use previously boiled water cooled to a temperature of no less than 70°C and carefully follow the instructions provided on this leaflet.

Liquid formula milk is sterile until the package has been opened and can be stored at room temperature. Once opened the container must be stored in the fridge and used within 24 hours.



Clean and disinfect the surface that you are going to use for preparing the baby's bottle.



It is very important to wash your hands: wet your hands with water, rub with soap for 15 seconds, rinse well, dry them with a clean towel and turn off the tap with the towel or your elbow.



Fill a container with 1 litre of cold tap water or bottled water low in mineral content and boil it. Leave it to cool with a lid on for a maximum of 30 minutes, so that the temperature of the water is **at least 70°C**. If you are using a kettle, wait until it switches itself off. Never use a microwave oven as uniform heating is not guaranteed.



Read the instructions provided on the powdered milk packet carefully. It is very important to respect the indicated ratio between the amount of water and powdered milk so as not to cause any damage to the child.



Pour the hot water at 70°C into the bottle checking that the level is correct.

Now you can calculate how many measuring scoops you need, e.g. if it says 1 to 30 on the packet, it means that to make 90 cc of milk you need to measure out 90 cc of water and add 3 level scoops of powder. At the end you will have slightly more than 90 cc of milk.

Fill the measuring scoop provided in the container until level but unpacked, with a clean, dry knife. Pour the required amount of powder into the water.



Put the teat on the bottle, cover with the cap and shake the bottle until the powder has dissolved.



Now cool the bottle down by holding it under running tap water until it reaches the right temperature.



Test the temperature of the milk by dripping a bit onto the inside of your wrist - it must be tepid, not boiling.



If there is any milk left over, do not keep it for the next feed.

Throw it away.



To choose which type of formula milk to use, talk to your child’s paediatrician.

If you need to give your child the milk when you are out of the house, take the following things with you:

- The measured quantity of powdered milk in a small clean and dry container
- A flask containing previously boiled water kept at 70°C
- An empty, sterilised bottle with its teat and cap

Prepare the bottle at feeding time

If you cannot prepare the bottle at feeding time, prepare the milk carefully at home according to the following table:

Formula milk already mixed with water	
If stored:	Use within:
in the fridge	24 hours
in the cool bag with an ice block	4 hours
at room temperature	2 hours