



Commit to your health.

Wyoming Healthy Together Program
1-888-545-1710 | www.WYHealthyTogether.com



Formula Feeding a Premature Infant

Parents choose to bottle-feed babies for many reasons. This sheet can help answer some of your questions about feeding your preemie with formula.

What Kind of Formula Should I Use?

Be sure to use the type of formula and the concentration that were prescribed when your baby was discharged. Preemie formulas and “follow-up” formulas are designed for premature babies. These may be better for your baby than regular formulas.

If using powder:

- Follow package directions for mixing.
- Try mixing with warm water in a blender to help dissolve the powder.
- Use all of the powder within 1 month after opening the package.
- Keep mixed formula in the refrigerator when not in use. Don't keep mixed formula for longer than 24 hours.

If using concentrate:

- Follow package directions for mixing.
- Seal the package and keep it in the refrigerator after opening.
- Use within 48 hours of opening the package.

Ask your healthcare provider:

- How often should I feed my baby? _____
- How much should I feed my baby?
 - At each feeding _____
 - Total each day _____
- How much weight should my baby gain per week? _____

How Do I Know When My Baby Needs to Be Fed?

Preemies may not cry when they're hungry. Instead, they may move around and become restless. Get to know your baby's cues. If your baby is feeding less than the recommended amount, or not gaining weight on schedule, tell your baby's doctor.

Taking Care of Bottles and Other Equipment

Glass and metal items can be washed in a dishwasher. The following items should be hand washed in hot soapy water and rinsed in hot, clean water:

- Bottles
- Containers
- Measuring cups
- Nipples
- Brushes
- Any other equipment used for feeding