
ROYAL HOSPITAL FOR WOMEN

Approved by
RHW Quality Council

CLINICAL POLICIES AND PROCEDURES

~~18/12/01~~ 15/3/04

PROCEDURE FOR THE PREPARATION OF INFANT FORMULA

OUTCOME Safe preparation of formula as directed by formula manufacturer
To ensure adequate infant nutrition
Provide education for women/parents choosing to formula feed their infant

NB: The RHW does not advocate the use of any **specific** brand of formula. But recommends a cow's milk based formula unless there is a specific medical indication for a soy based formula.

EQUIPMENT

Formula

Sterilised Water

Sterile Feeding bottle and teat

Utensils – clean knife

“RHW sterilisation for Formula Feeding Mothers” information sheet

PROCEDURE

- 1 Ensure woman has clearly indicated her informed choice to formula feed her infant.
- 2 Ensure all equipment is sterilized & discuss techniques for home i.e.
 - Boiling
 - Chemicals
 - SteamUsing “RHW sterilisation for Formula Feeding Mothers” information sheet
- 3 Discuss two ways of making up formula
 - individual feeds **or**
 - sufficient feeds for 24 hrs
- 4 Wash hands before touching equipment & discuss importance of handwashing.
Ensure bottles & teats are clean
- 5 Discuss: **at home** boil fresh water, switch off within 30 seconds and allow to cool
 In hospital sterilised packaged water bottles
- 6 Formula must be prepared strictly in accordance with instructions on packaging to ensure correct concentration
 - check correct formula with two nursing staff
 - check label to ensure sterile water with two nursing staff
 - measure correct amount of sterilized water
 - put cap on the bottle & shake until powder dissolves
 - store in the centre of the fridge in the patient's room
 - **document:**
 - * **both staff checking formula to sign the baby's feed chart**
- 7 Formula may be administered at room temperature or slightly warm
 - **do not use** a microwave as the formula is heated unevenly & can burn
- 8 Wash all formula off equipment & utensils with warm soapy water & a bottle brush.
Rinse and sterilise prior to next use.

NB: Document individual formula preparation demonstration attended prior to discharge.