Instructions for Feeding Your Premature Infant after Hospital Discharge
(22 calorie per ounce formula)

*Babies born early need extra energy, protein, and some minerals like calcium and phosphorus to grow well. Just like in the hospital, we recommend a special formula for feeding your baby at home. There are two special formulas you can choose: either Enfacare® by Mead Johnson or Neosure® by Abbott.

- Your baby should eat every 2 to 4 hours which is 7 or more feedings per day.
- Your baby should be able to take 1½ oz (45 ml) to 3 oz (90 ml) per feed depending on how big they are.
- Note: Enfacare® and Neosure® are special formulas for babies that were born early and are ready to go home from the hospital. They contain extra calories, protein, vitamins and minerals to help your baby grow. The recipes below are specific to these formulas. Please do not change to another formula without first discussing it with your pediatrician.
- The special formula should be continued until your baby is 9 months corrected age. Talk to your baby’s doctor, together you can decide when to switch formulas. (Corrected age = actual age in months – number of months premature)

Recipes

<table>
<thead>
<tr>
<th>Formula Brand</th>
<th>Recipe</th>
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<tbody>
<tr>
<td>Enfacare® 22 calorie per ounce or Neosure® 22 calorie per ounce</td>
<td>Follow the instructions on the can. Use the scoop provided in the can of formula powder.</td>
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(over)
Sanitation, Handling and Storage

- Wash your hands, surfaces and utensils you will be using.
- First, pour the right amount of water into a clean bottle. Then add the formula powder using the dry scoop from the can.
- Once a feeding begins, prepared formula in that bottle should be used within one hour. Throw away left over formula that was not finished.
- Formula can be prepared ahead of time, but must be stored in the refrigerator and used within 24 hours.
- Keep opened formula cans covered, in a dry, cool area. Powdered formula in opened cans should be used within 1 month. Unopened cans should be stored at room temperature.

Introduction of Baby Foods and Cow’s Milk

- Baby foods should be introduced when your infant is developmentally ready. This is usually around 6 months corrected age. (Corrected age = actual age in months – number of months premature)
- Infant formula should be continued until 12 months corrected age.

Vitamin Supplementation

If the box below is checked, then you should provide the listed supplement to your baby.

☐ 1 ml (milliliter) of liquid infant vitamin every day
☐ 400 International Units liquid vitamin D every day
☐ infant iron drops in amount prescribed by your baby’s doctor

Contact Information

If you or your doctor have questions, please call _________________________ at __________________.