

Formula Preparation, Storage and Sterilization

Tap water, well water that meets safety standards, and bottled water (except carbonated or mineral water) is generally suitable for infant feeding. All three types of water, including commercially bottled water, must be brought to a rolling boil for at least 5 minutes for infants less than 4 months of age.

1. Sterilize bottles, nipples, caps and utensils by boiling for 5 minutes in a large pot or sterilizer
2. Remove everything from boiling water and place on a clean, dry surface. Bottles should be placed down to drain
3. If using concentrated liquid, clean top of can and pour boiling water over it. Shake can very well and open with sterilized, punch-type opener
4. Boil water for formula for 5 minutes, let cool to room temperature and measure prescribed amount into a measuring pitcher. Boiled water can be stored for 2-3 days in the refrigerator in a sterilized, tightly closed container or 24 hours at room temperature.
5. For powder, add to surface of cooled water and mix until smooth
6. Pour formula into sterilized bottles and put on nipples and caps, taking care not to touch the top of the nipples
7. Store in refrigerator until ready to use. Once mixed, formula should be used within 24 hours
 - a. Visit Health Canada's website (<https://www.canada.ca/en/health-canada.html>) for more information regarding special precautions for selection of bottles, nipples and formula preparation

Please use the following guidelines if you are bottle feeding:

- Always start with clean hands. Cleanliness of bottles and nipples is also very important
- Check the expiry date on formula containers
- Check the temperature of the formula by putting a few drops on your wrist.
 - The formula should not feel hot or cold.
 - The hole in the nipple should be large enough so the formula runs out one drop at a time
- Be flexible and feed baby on demand
- Clear, hard plastic bottles should be avoided as these are often made with plastics containing bisphenol A (BPA). Please check manufacturer labels carefully
- Hold your baby in your arms in a semi-upright position. Tuck a tissue or burp cloth under your baby's chin. Touch your baby's lips with the nipple so they can "root" for it. Insert the nipple when your baby opens their mouth.
- During the feeding, keep the bottle tipped up so that the milk covers the nipple, which will prevent your baby from swallowing extra air
- Never leave your baby unattended with the bottle
- You may find that your baby does not take the same amount of formula at every feeding. This is normal
- Discard remaining formula left in the bottle after each feeding
- Rinse the bottle and nipple directly after feeding. This will save you time when washing the day's supply of bottles

Additional Resource:

Health Canada - Preparing and handling powdered infant formula

<https://www.canada.ca/en/health-canada/services/milk-infant-formula/preparing-handling-powdered-infant-formula.html>