

Breast Milk Supplemented with Elecare

Breast milk has 20 calories per ounce. Because of your child's current medical condition, additional calories are needed for a time to allow for optimal growth and nutrition. Adding powdered formula to your breast milk will boost the calories to meet those extra needs.

Preparation (please refer to sanitation instructions on the formula can before mixing):

Concentrated Breast Milk: <u>26</u> cal/oz
Yield: <u>2</u> oz
Mix together:
<u>2</u> oz breast milk (<u>60</u>) cc (1 oz =30 cc)
<u>1</u> unpacked level measuring teaspoon(s) of powdered formula
Add breast milk to bottle and then add powdered formula. Mix until smooth. Refrigerate. Discard unused concentrated breast milk 24 hours after mixing.

Feeding Instructions:

Your baby needs ___ cc (___ oz) every hour(s)

Your baby needs a total of _____ cc per day (___ oz)