

### How to Prepare a Bottle

- Always wash hands with soap & water and sanitize bottle before preparation.
- Warm milk to at least body temperature (~98.6°F/37°C).
- Sprinkle in Gelmix powder, following consistency recommendations below.
- Cap and shake well about 30 seconds, until powder is completely dissolved.
- Allow to thicken and cool for at least 5 minutes.
- Mix again before feeding.

### A Slightly-Thick Consistency is Usually Effective to Reduce Spit-Ups

- It is best to offer smaller, more frequent feeds to avoid overfeeding.
- Add 1 scoop (1.2g) Gelmix per 3-4 fl. oz. The jar scoop is a half serving of Gelmix.
- If using the single full serving stick pack (2.4g), mix with 6-8 fl. oz.
- Start with the lowest amount of Gelmix recommended.
- Gradually increase up to 2.4g per 3 fl. oz, if needed.

### Use Quickly or Store Safely

For best results, mix Gelmix with warm freshly expressed breast milk. Serve within 2 hours or store immediately in the refrigerator. It is not recommended to rewarm breast milk more than once.

Use thickened milk within 1 hour from start of feeding. Throw out any milk that is left in the bottle after feeding baby. The combination of milk and your baby's saliva can cause bacteria to grow.

### Freshly Expressed Milk may be Thickened up to 24 hours in Advance

Follow preparation instructions for mixing Gelmix into warm milk, then immediately store in a sterilized, sealed container in the refrigerator. Use within 24 hours. This mixture is also freeze-thaw stable for up to 4 months.

### Rewarming Feeds

To rewarm from the refrigerator, place bottle under running warm water or into a bowl of warm water for a few minutes. Avoid getting water into the bottle or nipple as this could contaminate the prepared milk. Always test temperature before feeding.

### Possible Side Effects

Gassiness and loose stools are common when first starting Gelmix. This usually subsides within the first two weeks of use, or by reducing the amount used.

*Sometimes adding gas drops or probiotic can help, but always discuss this with your pediatrician first.*