

How to Prepare a Bottle



Wash hands and sanitize bottle before preparation.



Warm milk to at least body temperature ~98.6°F/37°C.



Add 2.4g Gelmix to 6-8 fl oz warm milk.



Cap and shake well 30 seconds, until completely dissolved.



Let thicken for 5 minutes. Mix again before feeding.

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

Add 2.4g Gelmix (1 packet or 2 scoops) to 6-8 fl. oz. of warm milk. Gradually increase up to 2.4g per 3 fl. oz, if needed. It is best to offer smaller, more frequent feedings.

Preparing in Advance

Freshly expressed breast milk can be thickened with Gelmix and prepared up to 24 hours ahead. For best results, mix Gelmix with warm, freshly expressed breast milk, then store it immediately in a sterilized, sealed container in the refrigerator. Use the mixture within 24 hours. Warm it gently before feeding, but avoid reheating breast milk more than once.

Are there any side effects to using Gelmix?

Some babies may have gas or loose stools when first using Gelmix. This is normal and usually goes away within two weeks as your baby adjusts to the added fiber, or by reducing the amount used. If symptoms don't get better or get worse, talk to your doctor.

What should I do if I'm getting clumps?

Gelmix should dissolve easily in warm milk. If you're having trouble with clumps, try these tips:

- Use the right temperature: Warm the milk to at least body temperature, about 98°F. Liquids hotter than 120°F can cause clumps, and colder than 95°F won't thicken properly.
- Mix Quickly: Sprinkle Gelmix into the milk and mix right away. If it sits too long, it may clump and be harder to dissolve.
- Try a Frother: Using a frother to mix can help create a smooth mixture.

Where can I purchase Gelmix?

Gelmix is readily available on Amazon, www.gelmix.com and some local stores.

Thickeners may be covered by insurance if considered medically necessary. For more information, visit gelmix.com/insurance.

Email: contact@gelmix.com - Phone: 866.950.7278

Refer directly to product packaging for nutritional data and safety information.

For dysphagia recipes made for use with the IDDSI framework visit: gelmix.com/recipes