

Gelmix can thicken any liquid, but is specifically designed to thicken breast milk and infant formula. Thickening feeds is a first line therapy approach in the treatment of gastroesophageal reflux and is a successful, evidence based feeding intervention associated with improved outcomes for children with oropharyngeal dysphagia. Gelmix can be safely used with term infants (37 weeks gestation and above) weighing at least 6 lbs. It can also be used with premature infants at 2 weeks corrected age (42 weeks postmenstrual age) weighing at least 6 lbs.



Gelmix Jar w/ Scoop  
SKU: GEL-RET-004  
125g (52 servings)  
MSRP \$29.95



Gelmix Stick Box  
SKU: GEL-RET-005  
72g (30 servings)  
MSRP \$23.95

## Supplement Facts

Serving size: 2.4g ( 2 scoops from jar OR 1 stick pack OR 1 level tsp)

Per Serving: Calories 10, Total Carbohydrates 2g, Dietary Fiber <1g, Calcium 10mg

Ingredients: Organic Tapioca Maltodextrin, Organic Carob Bean Gum, Calcium Carbonate

## Contraindications

Do not use for infants under 6 pounds. Do not use for infants born preterm currently under a corrected age of 2 weeks (aka 42 weeks postmenstrual age). Do not use if galactosemia or allergy to galactomannans is suspected. Stop using if rash or other allergic reaction develops. Allergies to galactomannans are rare.

## Possible Side Effects

Gassiness and loose stools are common when first starting Gelmix. This usually subsides within the first two weeks of use.

## Use Warm Milk

Heat and agitation activate the thickening properties of Gelmix. Warm liquid to at least body temperature (95.9°F/35.5°C to 99.5°F/37.5°C). Immediately add the Gelmix after warming and do not allow the liquid or freshly expressed milk to cool before adding Gelmix.

## 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 for up to 24 hours. It is not recommended to rewarm breast milk more than once. Thickened breast milk may be served cold.

## How to Prepare a Bottle

- Always wash hands with soap & water and sanitize bottle before preparation.
- Warm milk to at least body temperature (95.9°F/35.5°C to 99.5°F/37.5°C).
- Sprinkle in Gelmix powder per recipes below.
- Cap and shake well for 30 seconds, until powder is completely dissolved.
- Wait 10 minutes for mixture to thicken. Keep lid on while waiting.
- Mix again for 30 seconds before feeding.

## Breast Milk Recipes (with small volumes)

- Variations in individual breast milk impact thickness; we recommend flow testing each patient's thickened feed the first 2-3 times to ensure the correct recipe is achieved.
- Always flow test at serving temperature.
- A gram scale is the preferred method to measure.
- It is not recommended to mix less than 1 ounce at a time.



### **1 SLIGHTLY THICK** (aka thin nectar)

- add 2.4g (1 tsp) for 4 fl. oz
- add 1.8g (3/4 tsp) for 3 fl. oz.
- add 1.2g (1/2 tsp) for 2 fl. oz.
- add .6g (1/4 tsp) for 1 fl. oz.



### **2 MILDLY THICK** (aka nectar)

- add 3.2g for 4 fl. oz
- add 2.4g (1 tsp) for 3 fl. oz.
- add 1.6g for 2 fl. oz.
- add .8g for 1 fl. oz.



### **3 MODERATELY THICK** (aka honey)\*\*

- add 4.8g (2 tsp) for 4 fl.oz.
- add 3.6g (1 1/2 tsp) for 3 fl. oz.
- add 2.4g (1 tsp) for 2 fl. oz.
- add 1.2g (1/2 tsp) for 1 fl. oz.

\*\*Moderately thick (aka honey) is only recommended under medical supervision. It can be difficult for infants to extract this thicker consistency, increasing risk of poor oral intake and dehydration.

Recipes designed for use with IDDSI Framework. [www.IDDSI.org](http://www.IDDSI.org)

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

- It is best to offer smaller, more frequent feeds to avoid overfeeding.
- Start with 1.2g Gelmix per 4 fl. oz. and increase up to 2.4g per 3 fl. oz, if needed.