Printable Guide to Thickening Breast Milk

When Recommended for Dysphagia



www.gelmix.com - contact@gelmix.com - 866.950.7278
Refer directly to product packaging for nutritional data and safety information.

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 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.

SLIGHTLY THICK (aka thin nectar) add 2.4g (2 scoops or 1 stick) per 4 fl. oz.
MILDLY THICK (aka nectar) add 2.4g (2 scoops or 1 stick) per 3 fl. oz.
MODERATELY THICK (aka honey)** add 2.4g (2 scoops or 1 stick) per 2 fl. oz.
**Moderately thick (aka honey) should only be used under medical supervision. It can be difficult to pass this thicker consistency through a nipple, increasing risk of poor oral intake and dehydration.

A gram scale is the preferred method to measure.

The jars include a half serving 1.2g scoop (1/2 level tsp).

The individual serving sticks are a full 2.4g serving (1 level tsp).

Recipes designed for use with IDDSI Framework (see page 2).

Use Warm Milk

Heat and agitation activate the thickening properties of Gelmix. Do not allow freshly expressed milk to cool before adding Gelmix. The milk needs to be body temperature before mixing. If not reaching desired consistency at body temperature, warm up to 105-110°F.

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 (see page 2). 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.



Printable Guide to Thickening Breast Milk

When Recommended for Dysphagia



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.

It is not required to rewarm feeds back to body temperature for serving. If served cold, the mixture will be a little thicker. Use IDDSI flow test at serving temperature.

Possible Side Effects

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

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

IDDSI Funnel & Flow Test

- Variations in breast milk and temperature when mixed impact thickness, so it's important to test your recipe the first 2–3 times.
- The IDDSI Flow Test is a practical measure of flow rate or thickness.
- IDDSI funnels are available to purchase at www.gelmix.com.
- More information and alternative testing methods may be found at www.iddsi.org.



