

How to Prepare a Bottle



Wash hands and sanitize bottle before preparation.



Warm milk to at least body temperature ~100°F/38°C.



Follow recipe for desired thickness, and sprinkle Gelmix into warm milk.



Cap and shake well 30 seconds, until completely dissolved.



Let thicken for 10 minutes. Mix again before feeding.

Recipe for Breast Milk

2.4g Gelmix = 1 stick or 2 scoops

a gram scale is the most accurate method for measurement

1 SLIGHTLY THICK (thin nectar)

- add 2.4g to 4 fl. oz.
- to scale, use .6g per 1 fl. oz.

2 MILDLY THICK (nectar)

- add 2.4g to 3 fl. oz.
- to scale, use .8g per 1 fl. oz.

3 MODERATELY THICK (honey)

- add 2.4g to 2 fl. oz.*
- to scale, use 1.2g per 1 fl. oz.

**Level 3 / Moderately Thick liquids should only be used under medical supervision and are not typically recommended for infants unless directed by a qualified healthcare professional.*

IDDSI Flow Test

The IDDSI Flow Test measures how fast a liquid flows using the IDDSI Funnel and helps define its thickness level.

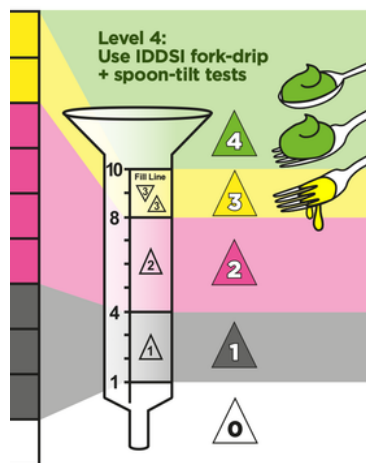
Use this tool the first few times you try a recipe to account for variations in milk or environment, such as temperature, and ensure you achieve the desired thickness.



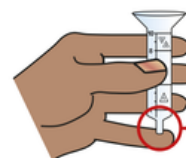
www.iddsi.org

Flow Test

IDDSI level depends on liquid remaining after 10 seconds flow.



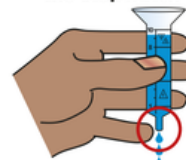
1. Cover nozzle with finger



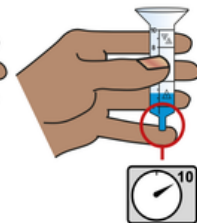
2. Pour to Fill Line



3. Remove finger from nozzle as you start the stopwatch



4. Stop at 10 seconds



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Tests Performed by Parapharma Tech, Designed for use with the IDDSI Framework.

For more recipes visit: gelmix.com/recipes - Email: contact@gelmix.com - Phone: 866.950.7278

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

Can I prepare Gelmix in advance?

Yes, 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.

For longer storage, the prepared mixture is freeze-thaw stable for up to 4 months.

Are there any side effects to using Gelmix?

Some babies may experience temporary gassiness or changes in stool when thickened feeds are first introduced. These effects typically resolve within 1-2 weeks. 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, or ~100°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.

Should I change the nipple size?

Thickened feeds flow more slowly, so a different nipple size or flow rate may be needed. Nipple selection should be part of your baby's feeding plan, especially if your baby has dysphagia or other feeding concerns. Talk with your speech-language pathologist (SLP), feeding therapist, or healthcare provider to determine the safest nipple size and flow rate for your baby.

Where can I purchase Gelmix?

Gelmix is readily available on Amazon, gelmix.com and some local stores. Check our website for all locations.

Is Gelmix covered by insurance?

Gelmix may be covered by insurance when it is considered medically necessary. Coverage varies by plan and state, and may be processed through a DME supplier using HCPCS Code B4100 or, in some cases, through pharmacy benefits. Your healthcare provider may need to send a referral or prescription.

- For more details, supplier information, and next steps, visit gelmix.com/insurance.
- **Medicaid:** Coverage depends on your state. If Gelmix is not covered in your state, the WeCare program may offer discounts for Medicaid recipients. Visit gelmix.com/wecare to learn more.
- **Private Insurance:** Contact your insurance provider to ask whether medically necessary thickeners may be covered or reimbursed.