

Prepared formula may be thickened with Gelmix up to 24 hours before feeding when the formula manufacturer allows advance preparation. Prepare the formula exactly as directed before adding Gelmix, then refrigerate it immediately.

Before You Start

- Wash your hands and clean the preparation surface.
- Use clean bottles, containers, and feeding equipment.
- Check the formula label and follow its preparation, handling, and storage instructions.
- Use water from a safe source and the exact amounts of water and formula listed on the label.
- Powdered formula is not sterile. For infants younger than 2 months, born prematurely, or with a weakened immune system, follow current CDC and healthcare-provider precautions.
- Follow the Gelmix recipe and your child's healthcare provider's feeding instructions.
- If the formula manufacturer recommends a shorter storage time than the guidance provided here, follow the manufacturer's shorter storage time.

Prepare and Refrigerate

- Prepare the formula exactly as directed by the manufacturer. For powdered formula, measure the water first, then add the exact amount of powder.
- If the prepared formula is hotter than 100°F/38°C, allow it to cool toward 100°F/38°C before adding Gelmix.
- Add Gelmix according to the recipe for the prescribed thickness.
- Cap and mix well for about 30 seconds, until fully dissolved. For larger batches, a clean formula-mixing pitcher may be helpful.
- Refrigerate immediately after mixing in a clean, sealed container at 40°F/4°C or colder. The full Gelmix wait time still applies before serving and may occur while refrigerated; the formula will continue to thicken as it cools.
- Label the container with the preparation date and time.
- Use within 24 hours, or sooner if required by the formula manufacturer.

Before Feeding

- Mix again before pouring or feeding.
- Serve cold or gently warmed. Cold Gelmix-thickened formula will usually be thicker.
- If warming is preferred, warm only the amount needed for one feeding. Never microwave formula.
- If thickening for dysphagia, use the IDDSI Flow Test to verify the prescribed thickness at the temperature at which the feeding will be served, because temperature can affect thickness.
- If formula is warmed, use it promptly. Once feeding begins, discard any remaining formula after 1 hour.

Frequently Asked Questions

Does prepared formula need to be warmed?

No. It may be served cold or gently warmed. Keep in mind that it will usually be thicker when served cold.

Can I prepare a larger batch?

Yes, if the formula manufacturer allows advance preparation. Use a clean formula-mixing pitcher, refrigerate the batch immediately, label it, and pour only the amount needed for each feeding.

Can I add extra water if the formula becomes too thick?

No. Do not change the formula's water-to-powder ratio. Confirm the Gelmix recipe and prescribed thickness with your child's healthcare provider.

Can I use ready-to-feed or liquid concentrate formula?

Follow the formula manufacturer's directions. Do not add water to ready-to-feed formula, and dilute liquid concentrate only as directed before adding Gelmix.

What should I do with formula left after a feeding?

Discard any formula remaining in the bottle 1 hour after feeding begins. Do not refrigerate or reuse it.

Quick Safety Reminders

- Prepare formula exactly as directed; never add extra water or powder.
- Refrigerate prepared formula immediately at 40°F/4°C or colder.
- Use within 24 hours, or the shorter time required by the manufacturer.
- Never microwave formula.
- If thickening for dysphagia, verify the prescribed thickness with the IDDSI Flow Test at the serving temperature.
- Discard remaining formula 1 hour after feeding begins.

Food Safety Note: This handout provides Gelmix-specific preparation guidance and does not replace current CDC formula preparation and storage recommendations, the formula manufacturer's instructions, or your child's healthcare provider's instructions. If the formula manufacturer recommends a shorter storage time than the guidance provided here, follow the manufacturer's shorter storage time.

For complete guidance, visit: gelmix.com/advanceprep