

Gelmix-thickened water may be prepared up to 24 hours before feeding. At feeding time, add the exact amount of powdered formula required for the pre-measured water.

Before You Start

- Wash your hands and clean the preparation surface.
- Use clean bottles, containers, and feeding equipment.
- Use water from a safe source.
- Check the powdered formula label before using this method. Some infants require extra precautions or very hot water when powdered formula is prepared.
- Measure the exact water amount listed on the formula label before adding Gelmix. Do not add extra water or change the formula's water-to-powder ratio.
- Follow the Gelmix recipe and your child's healthcare provider's feeding instructions.

Prepare and Store Thickened Water

- For individual feedings, measure the exact amount of water needed for each bottle into a clean, separate container.
- Warm the water to about 100°F/38°C.
- Add Gelmix according to the recipe for the prescribed thickness.
- Cap and mix well for about 30 seconds, until fully dissolved.
- Keep the thickened water in a clean, sealed container at room temperature.
- Label each container with the preparation date and time.
- Use within 24 hours. Do not add formula powder until feeding time.

Before Feeding

- Mix the thickened water again before adding formula.
- If warming is preferred, gently warm the thickened water before adding formula. Never microwave.
- Add the exact amount of powdered formula required for the pre-measured water, following the formula label.
- Cap and mix thoroughly. Feed promptly after the formula has been added.
- If thickening for dysphagia, perform the IDDSI Flow Test on the completed formula at the temperature at which it will be served. Formula powder and serving temperature can both affect the final thickness.
- Use the completed formula within 2 hours of adding the powder. Once feeding begins, discard any remaining formula after 1 hour.

Frequently Asked Questions

Why prepare thickened water instead of prepared formula?

This method allows Gelmix to be prepared in advance while the powdered formula is added immediately before feeding. When the formula manufacturer's instructions allow, no additional warming is needed before feeding.

Can I use this method with any formula?

No. This method is intended for powdered formula mixed with water. Follow the formula manufacturer's instructions. Do not use it with ready-to-feed or liquid concentrate formula unless specifically directed by your child's healthcare provider.

What if my baby needs formula prepared with very hot water?

Do not use room-temperature thickened water in place of required hot-water preparation. Follow current CDC, formula-manufacturer, and healthcare-provider instructions.

Should I perform the IDDSI Flow Test on the thickened water?

No. If thickening for dysphagia, test the completed formula after the powder has been added and at the temperature at which it will be served.

Can I add extra water if the completed formula is 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.

What should I do with unused thickened water?

Discard unused thickened water 24 hours after it was prepared. Once formula powder has been added, follow the shorter formula safety times.

Quick Safety Reminders

- Measure the formula's exact water amount before adding Gelmix.
- Use this method only when it follows the formula manufacturer's preparation instructions.
- Keep thickened water sealed and use it within 24 hours.
- Do not add formula powder until feeding time.
- Never microwave thickened water or prepared formula.
- If thickening for dysphagia, test the completed formula 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. Follow the most cautious applicable preparation instructions. If storage times differ, use the shorter storage time.

For complete guidance, visit: gelmix.com/advanceprep