

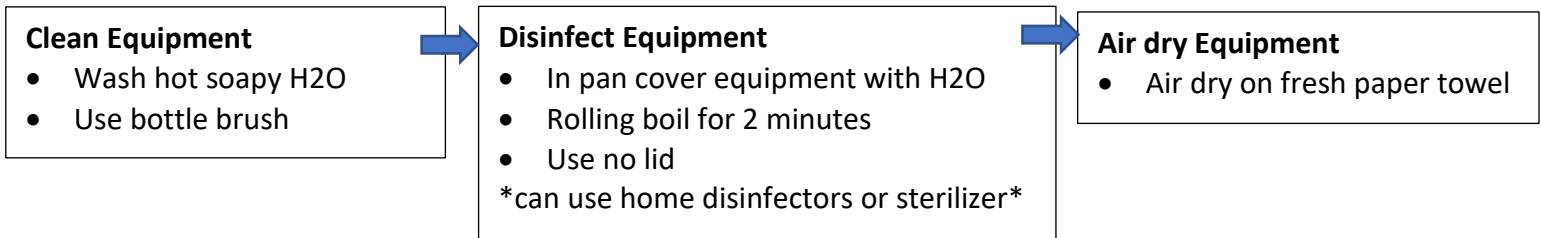
# Preparing Formula - Full-Term Baby

There is no research indicating when it is safe to stop disinfecting equipment used to prepare bottle feeding. The safest method is to boil water and disinfect feeding supplies as long as your baby is using formula.

## Types of Formulas:

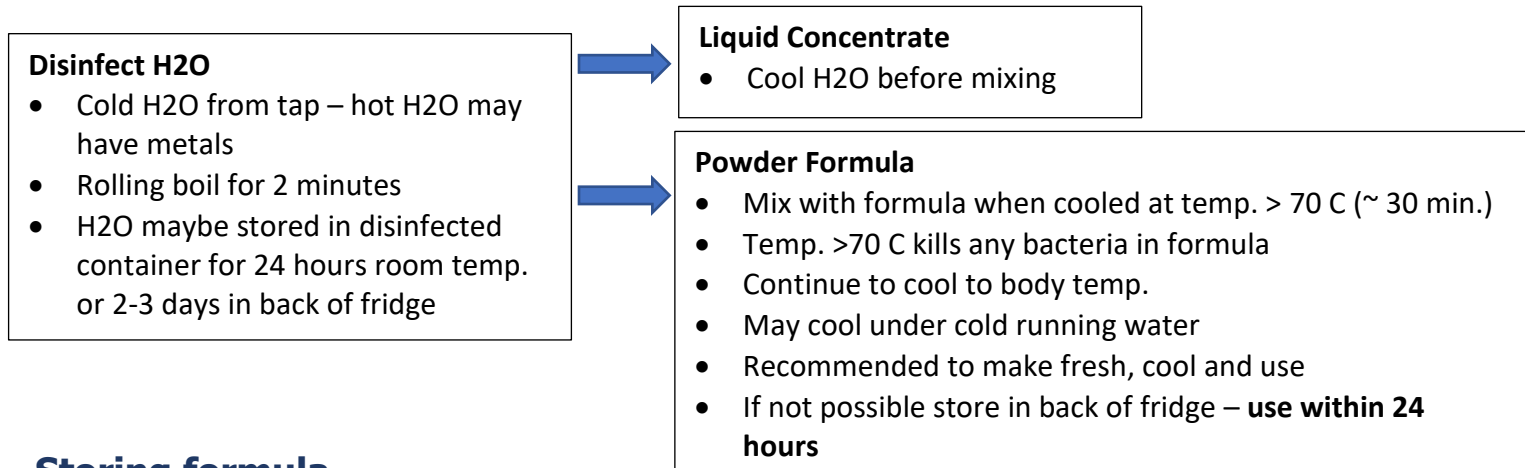
1. Ready-to-feed – no water needed
2. Liquid concentrate – mix with boiled water
3. Powdered – **not sterile** - mix with boiled water

## Equipment



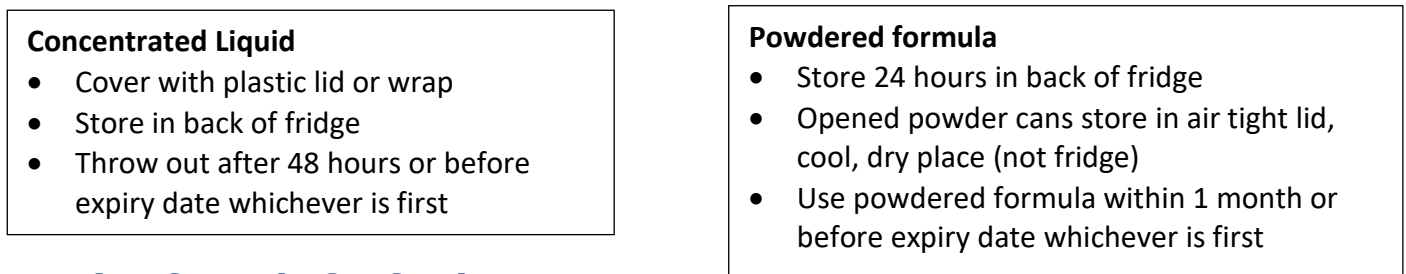
## Making Formula

Disinfect water used for formula. There is no research indicating when to safe to stop disinfecting water.

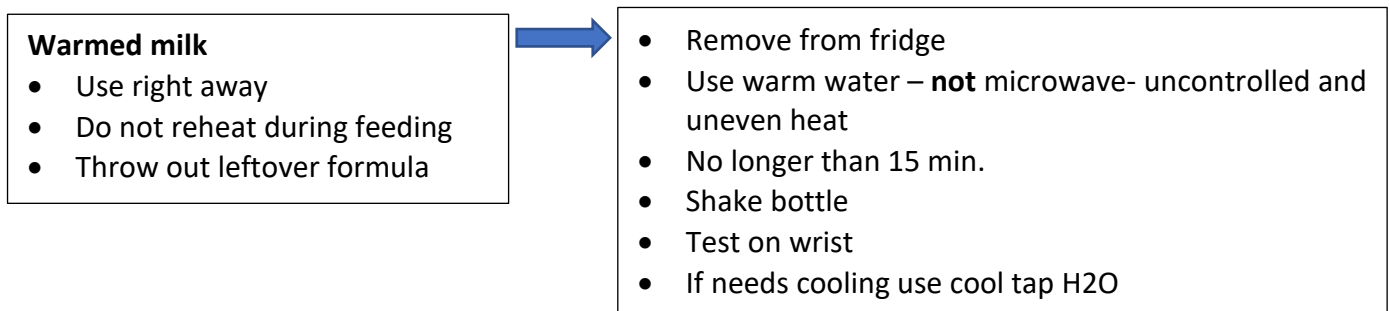


## Storing formula

It is recommended to use the formula immediately. Throw out any formula left over for more than two hours since the start of the feeding.



## Warming formula for feed



## RESOURCES:



Perinatal Services, British Columbia  
Infant Formula Resource

<http://www.perinatalservicesbc.ca/health-professionals/professional-resources/infant-formula-resource>

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Health Link BC

Your Baby Formula: Safely Making and Storing Formula

<https://www.healthlinkbc.ca/healthlinkbc-files/feeding-your-baby-formula-safely-making-and-storing-formula>

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Government of Canada

Preparing and handling powdered infant formula

<https://www.canada.ca/en/health-canada/services/milk-infant-formula/preparing-handling-powdered-infant-formula.html>

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