

Patient Information -> Preparing Formulas[pdf](#)

Disclaimer: The following information is intended for cardiology patients seen by the Pediatric Cardiology Medical Group - East Bay. If you are not one of our patients, consult your cardiologist regarding formula preparations. If you are one of our patients, contact us before making any formula changes.

Your child's cardiologist may recommend preparing a high calorie formula for your baby. Recipes for different formulas are listed below.

Once prepared, the formula is good for 24 hours in the refrigerator. An opened can of liquid concentrate is good for 48 hours in the refrigerator. Follow directions carefully. Improperly mixing formula can cause health problems for your baby.

Concentrated formula is designed to meet the special needs of your baby, and is not intended for other infants. Contact the cardiology nurse at (510) 482-3380 if you have any questions or need to make formula changes.

24-Calorie Formula

From **Liquid Concentrate**

- To make 22 ounces of formula: Mix one can (13 ounces) of concentrated liquid formula with 9 ounces of water.
- To make 5 ounces of formula: Mix 3 ounces of concentrated liquid formula with 2 ounces of water.

From **Powder** (Note: one scoop = one tablespoon)

- To make 32 ounces of formula: Measure 1 level cup + 3 level scoops of formula powder, then add water to the 32 ounce line. Mix well.
- To make 5 ounces of formula: Measure 3 level scoops of formula powder, then add water to the 5 ounce line. Mix well.

27-Calorie Formula

From **Liquid Concentrate**

- To make 19 ounces of formula: Mix one can (13 ounces) of concentrated liquid formula with 6 ounces of water.
- To make 9 ounces of formula: Mix 6 ounces of concentrated liquid formula with 3 ounces of water.

From **Powder** (Note: one scoop = one tablespoon)

- To make 32 ounces of formula: Measure 1 + 1/3 level cups of formula powder, then add water to the 32 ounce line. Mix well.
- To make 9 ounces of formula: Measure 6 level scoops of formula powder, then add

water to the 9 ounce line. Mix well.

30-Calorie Formula

From **Liquid Concentrate**

- To make 17 ounces of formula: Mix one can (13 ounces) of concentrated liquid formula with 4 ounces of water.
- To make 8 ounces of formula: Mix 6 ounces of concentrated liquid formula with 2 ounces of water.

From **Powder** (Note: one scoop = one tablespoon)

- To make 32 ounces of formula: Measure 1 + 1/2 level cups of formula powder, then add water to the 32 ounce line. Mix well.
- To make 5 ounces of formula: Measure 6 level scoops of formula powder, then add water to the 8 ounce line. Mix well.

Contact your cardiologist if your baby is experiencing any of the following in response to a change in formula:

- Vomiting
- Diarrhea
- Dehydration including, not making urine or tears, dry or sunken eyes, dry lips or tongue, sunken soft spot
- Refusal to take formula
- Any other concerns regarding the formula change



Disclaimer: The information provided here is intended to educate the reader about certain medical conditions and certain possible treatment. It is not a substitute for examination, diagnosis, and medical care provided by a licensed and qualified health professional. If you believe you, your child, or someone you know, suffer from the conditions described herein, please see your health care provider immediately. Do not attempt to treat yourself, your child or anyone else without proper medical supervision.

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