Formula milk

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What kind of formula milk should I use?

Formula milk comes in several different varieties. You can choose between a powder (that you mix with water when you need it) or ready-to-drink formula milk.

Ready-to-drink formula milk is sterile until you open the container. Ready-to-drink formula milk can be bought in individual cartons. They are easy to use but are the most expensive option.

What is the best way to heat up a bottle of formula milk?

You can heat up the milk by putting the bottle into hot (but not boiling) water. You can also buy a bottle warmer to heat up the milk.

Do not heat bottles in a microwave oven. A microwave will not heat the milk evenly, which could lead to some parts being too hot and burning the baby's mouth.

What is the best way to feed using a bottle?

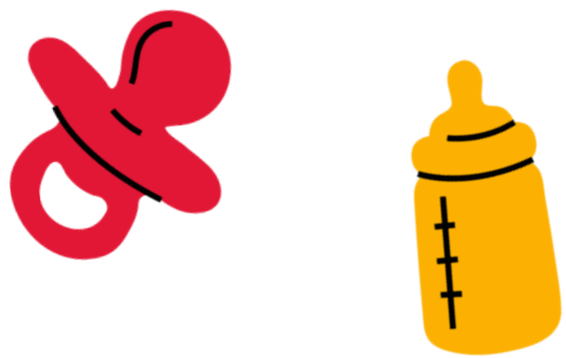
Sit down and find a comfortable position. You may find it practical to use a cushion to support your arms and the baby.

Is it normal for the baby to regurgitate (spit up) after feeding?

Many babies regurgitate (spit up) after they have fed. Babies often spit up when they burp. This is normal. As the baby grows bigger, they will regurgitate less.

Spitting up is not a problem as long as:

- The baby is growing and gaining weight
- The baby suffers no pain when it spits up the milk



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Read more here: [Prepare and store infant formula (helsenorge.no)]

How to prepare a bottle of formula milk:

- Have a clean work surface, clean hands and clean, sterilised equipment.
- Run the cold water tap for a while, then draw off a sufficient amount of cold water. Bring the water to the boil.
- Pour the water into a feeding bottle. Make sure the water is no cooler than 70 degrees Celsius when the formula powder is mixed in. This will deactivate any bacteria that may be in the powder or that may be found in the surrounding environment. Be careful when pouring the hot water.
- Add a precise amount of powder to the water, as indicated on the packaging. Too much or too little powder in relation to the amount of water can make the child ill. Use a measuring scoop. Loosely fill the measuring scoop and run a knife over the top to ensure it is level.
- Screw on the teat and lid.
- Mix the powder into the water by carefully shaking or upending the bottle.
- Cool the mixture until it feels lukewarm. The milk should be at skin temperature, in other words, 37°C. It will then feel neither hot nor cold to the touch.

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Preparation and storage

Location	Storage time
Room temperature	Up to 2 hours after preparation
Partially used bottle	Discard any remaining formula after feeding
Refrigerator	Up to 24 hours after preparation

There are informative videos on preparing, cooling, and warming infant formula available on helsenorge.no



Cleaning and sterilising baby bottles

- Rinse bottles and other feeding equipment after use, using cold water.
- Wash the equipment thoroughly with a dedicated bottle brush, using hot water and dishwashing liquid.
- Rinse thoroughly under running water.
- Place the equipment in a saucepan and ensure that it is completely covered with water.
- Bring the water to a boil and allow the equipment to boil with the lid on for 5 to 10 minutes.
- Set a timer to avoid the pan boiling dry.
- Make sure your hands are clean before handling the sterilised bottles.
- Once the equipment has finished boiling (been sterilised), remove it from the pan using sterilised kitchen tongs.
- Allow the equipment to air dry in a clean place, for example on a clean kitchen towel.
- Once the equipment is dry, reassemble it and store it in a clean place.

When using a steriliser, follow the manufacturer's instructions.

Video from helsenorge.no on
How to clean and sterilise bottles (helsenorge.no)

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