

HOW TO USE APTAMIL FEED THICKENER

What is Aptamil Feed Thickener and what is it used for?

Aptamil Feed Thickener is a specialty thickening agent, to help manage regurgitation issues. It is a versatile product, which can be mixed with breast milk, infant formulas or made into a paste, using expressed breast milk or pre-boiled water.

Feed thickener can be used safely and effectively to thicken infant feeds, for the management of reflux, but is not a sole source of nutrition.

How much Aptamil Feed Thickener should I use when adding to breast milk or formula?





When adding Aptamil Feed Thickener to expressed breast milk or prepared formula the following is recommended:

1 scoop (8g) or (3 metric teaspoons) of Feed Thickener per 200mL of breast milk or formula. Shake vigorously.

How much Aptamil Feed Thickener do I add if my baby drinks less than 200mL?

The dosage of the Aptamil Feed Thickener is proportional to the amount of liquid volume.

For example:

| | |
|--|--|
|  50mL Expressed breast milk / formula + 1/4 Scoop Feed Thickener |  100mL Expressed breast milk / formula + 1/2 Scoop Feed Thickener |
|  150mL Expressed breast milk / formula + 3/4 Scoop Feed Thickener |  200mL Expressed breast milk / formula + 1 Scoop Feed Thickener |

You can however adjust the dose based on the needs of your little one. Part scoops are fine to use.

What do I do if my baby is having trouble getting the milk out of the teat?

If you find that your baby is struggling to drink the thicker milk, you may need to use a faster/variable (X/Y cut) teat.

Thickened feeds will continue to thicken after preparation.



Do I need to increase the amount of Feed Thickener I use as my baby gets older?

As your baby gets older and drinks larger volumes of breast milk or formula, you can adjust the amount of Feed Thickener to keep the same consistency in the bottle. Let your baby's symptoms guide you.

What if my baby is on a specialised formula?

Please contact our Careline team for additional information when using Aptamil Feed Thickener with a specialised formula on:

AU: 1800 842 098
NZ: 0800 438 500









Mon to Fri 7:30am to 5pm AEST/ 9:30am to 7pm NZ time



How do I convert a scoop of Aptamil Feed Thickener to metric teaspoons?

As Feed Thickener is not a formula, you can use part scoops or teaspoons. If you are adding Feed Thickener to a bottle of expressed breast milk or formula, we would typically recommend starting with a smaller amount and adjusting according to your baby's needs and symptoms. This flexibility of Aptamil Feed Thickener is one of its greatest benefits.

Metric Measuring Teaspoon Guide:

| | |
|---|--|
|  =  1/4 scoop = 1/2 + 1/8 tsp |  =  1/2 scoop = 1 + 1/2 tsp |
|  =  3/4 scoop = 2 + 1/8 tsp |  =  1 scoop = 3 tsp |

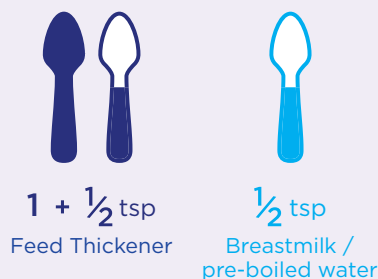
Aptamil Feed Thickener is a Food for Special Medical Purpose for use under medical supervision. Not a sole source of nutrition.

How to make a paste with Aptamil Feed Thickener and apply directly to nipple, baby's cheek or lip:

For breastfeeding women who want to apply Feed Thickener in a paste form to their nipple or the baby's cheek or lip we recommend:

1½ metric measuring teaspoons of Feed Thickener into a small clean bowl, add ½ metric measuring teaspoon of warm (breastmilk or pre-boiled water) mix until a smooth paste is formed.

This amount is about right for a newborn baby.

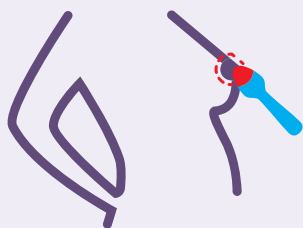


TIP:

Warm pre-boiled water or warm breast milk works best and helps dissolve the Feed Thickener.

When applying to the nipple:

The paste can be applied to the breast before the baby latches on and re-applied when stopping for burping or changing breasts. Feed Thickener paste can be used at every breast feed if needed. Be guided by your baby's needs.



When applying to the baby's cheek pocket or bottom lip:

The paste may also be placed on a clean finger or spoon and transferred into the baby's cheek pocket or placed gently on baby's bottom lip (not into the mouth), so they can lick or suck it off.



Can I adjust the amount of feed thickener I use or the consistency of the paste?

Yes, you can adjust the amount of Feed Thickener you use according to your baby's needs. You can also adjust the amount of fluid you add to make a paste by either reducing fluid to thicken further or increase to create a thinner consistency, to suit your baby.

Please call Careline if you have any further queries.

Can I pre-prepare feeds with Aptamil Feed Thickener and store them in the fridge?

No, we recommend you add Aptamil Feed Thickener to your baby's bottle just before feeding as it continues to thicken over time. You should always make the paste up as needed.



I have more questions. Where can I get further support?

For any further questions about preparation and use please contact our Careline team on:

AU: 1800 842 098

NZ: 0800 438 500

Mon to Fri 7:30am to 5pm AEST/
9:30am to 7pm NZ time



The Nutricia Careline is a team of trusted midwives, dietitians and nutritionists who are here to support and reassure you through your pregnancy and beyond. Our caring experts are here to answer all your questions, big or small.

This is a guide only. You should not use this information to diagnose a health or medical condition or problem, or alter, commence, or delay any medical treatment.

Aptamil Feed Thickener is a Food for Special Medical Purpose for use under medical supervision. Not a sole source of nutrition.

BREASTMILK IS BEST FOR BABIES: Professional advice should be followed before using an infant formula. Partial bottle feeding could negatively affect breastfeeding. Good maternal nutrition is important for breastfeeding and reversing a decision not to breastfeed may be difficult. Infant formula should be used as directed. Improper use of infant formula may affect the health of the baby. Social and financial implications should be considered.

NUTRICIA
LIFE-TRANSFORMING NUTRITION

Nutricia Australia Pty Ltd.
The Zenith, Tower B, Level 12,
821 Pacific Highway, Chatswood,
NSW Australia 2067
nutricia.com.au/paediatrics/