

Similac® PM 60/40® Mixing Instructions for 22 Calories per Ounce

Similac® PM 60/40® infant formula is normally mixed to provide 20 calories per ounce. Your infant needs higher calorie formula, so you should follow these instructions closely when mixing formula. Be sure to measure the infant formula powder and the water correctly. Please measure the water and powder separately.

Measure Water Fluid Ounces		Formula Powder unpacked, level scoops added		Final Volume
3 ½ ounces*	+	2 scoops	=	4 ounces
9 ounces	+	5 scoops	=	10 ounces
16 ounces	+	9 scoops	=	18 ounces

***1/2 ounce = 1 Tablespoon**

Mixing Similac® PM 60/40® Using Measuring Cups

Measure Water Fluid Ounces		Formula Powder Added		Final Volume
20 ½ ounces*	+	1 cup	=	23 ounces
31 ounces	+	1 ½ cup	=	35 ounces

***1/2 ounce = 1 Tablespoon**

Put formula in fridge for 24 hours then throw away.
Do not heat formula in a microwave.

Use clean bottle or tap water to make infant formula. Check with your local health department about the safety of your tap water supply. If your water supply comes from a well, have the water tested to make sure it's safe before using it for your baby. To make water safe, bring water to a rolling boil for 1 minute, cool quickly (no longer than 30 minutes) and prepare formula.

If you are a UW Health patient and have more questions, please call one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition.

- Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at **(608) 890-5500**.
- Nutrition clinics for UW Medical Foundation (UWMF) can be reached at **(608) 287-2770**.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 6/2023 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Clinical Nutrition Services Department and the Department of Nursing. HF#583