

How to transition your baby from ready-to-feed formula to powdered preterm.

Dear Parents,

You are receiving this leaflet as your baby is due to go home on a nutrient enriched preterm formula. Introduction to the powdered form as a sudden change may cause constipation and therefore a gradual transition to the powdered formula may avoid this. This leaflet has been designed to help you with this.

What is Nutrient Enriched Post Discharge Formula (NEPDF)?

Post Discharge preterm formula is a formula that has been designed for preterm infants. It provides extra nutrition in order to help your preterm baby with catch-up growth, and can be used to feed your baby up to approximately 6 months corrected age or as advised by your health care professional. This is a prescription only formula and will be prescribed by your GP.

Transitioning from ready -to- feed liquid formula to powdered formula

Infant formula is available in two forms: ready-to-feed liquid formula (used in hospital) and powdered formula (to be used at home).



Ready-to-feed 90ml bottle



Powdered 900g box

When your baby is ready to be discharged home from hospital, you will be given 2 x 800g tins of formula. Your GP will be contacted to continue to supply this for you at home.

Please follow the steps below to help your baby transition from the ready to feed formula to the powdered formula:

- Once you are home, aim to introduce 2 bottles of powdered formula a day, with the remaining feeds to be given as ready-to-feed formula.

- Each day, increase powdered formula by 2 bottles until your baby is on full feeds of powdered formula, e.g. if your baby has 7-8 feeds a day, this should take at approximately 3-4 days to achieve. The table below gives an example of how the transition is achieved assuming your baby takes 8 feeds in the day:

Day at home	Number of Feeds	
	Ready to use formula	Powdered formula
1	6	2
2	4	4
3	2	6
4	0	8

If you have any issues/ concerns with implementing the above, please contact your Neonatal Community Outreach Nurse, Dietitian or visit your GP.