



Thickening Breast Milk with Gelmix (Quick Printable Guide)

This is a quick guide to mixing instructions, tips & advanced preparation of Gelmix with breast milk. Please refer to the Gelmix packaging for contraindications, nutrient facts and additional info.

Mixing Instructions:

Always wash hands thoroughly with soap & water and sanitize bottle and/or pitcher before preparation. For best results, mix Gelmix powder into lukewarm breast milk (100°F) per recommendations below. Freshly expressed milk at body temperature is sufficient. Mix well until powder is completely dissolved. Allow to thicken 5 minutes, then mix again before feeding. Always test temperature before feeding.

My infant needs:

- Slightly Thick** (aka thin nectar)
Use 2.4g* (2 scoops or 1 stick pack) per 5-6 fl. oz.
- Mildly Thick** (aka nectar)
Use 2.4g* (2 scoops or 1 stick pack) per 3-4 fl. oz.

**Gelmix jars include a 1.2g scoop (1/2 serving) for mixing smaller increments*

Notes:

- If your healthcare provider recommended thickening to reduce spit-ups, start with the lowest dosage and increase thickness only if needed. Most infants do well with 1.2g per 3 fl. oz., but you may need to increase to 1.2g per 2 fl. oz.
- If your healthcare provider recommended thickening due to dysphagia, follow their instructions carefully. Breast milk tends to be thinner than formula, so start with the higher dosage, 2.4g/5oz (slightly thick) or 2.4g/3oz (mildly thick). Instructions are made for use with the IDDSI flow test (international dysphagia diet standardisation initiative). Learn more at IDDSI.org.
- Gassiness and loose stools are common when first starting Gelmix. They usually subside within the first two weeks of use or by reducing amount used.

Advanced Preparation with Breast Milk

Overheating breast milk may damage its nutrients. Use caution not to overheat or rewarm breast milk more than once. For best results, mix with freshly expressed breast milk at body temperature. In a sealed, clean container, the mixture may sit at room temperature for up to 4 hours, or in the refrigerator for up to 24 hours. Gelmix is also freeze-thaw stable with breast milk, so you may store the pre-thickened mixture in the freezer for up to 4 months.

Feeds can be re-warmed by placing in a container of warm water, making sure the level of the water is below the top of the cup. Occasionally shake or swirl the bottle to make sure that it heats evenly. Check the temperature of the feed by dripping a little onto the inside of your wrist. It should feel lukewarm, not hot. Re-warm for no more than 15 minutes. If served cold, the mixture will be thicker.