



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, nutrition facts and additional info.*

HOW TO MIX GELMIX WITH BREAST MILK

1. Wash your hands thoroughly with soap and warm water. Sanitize bottle and/or pitcher before preparation.
2. Pour desired amount of lukewarm breast milk (about 100°F) into bottle. Freshly expressed breast milk at body temperature is sufficient.
3. Sprinkle in Gelmix powder following Usage Recommendations below.
4. Shake well for about 30 seconds, until powder is completely dissolved. Work quickly to avoid clumps.
5. Wait 5-10 minutes until desired consistency is reached. Mix again before feeding.

USAGE RECOMMENDATION

Breast milk tends to be thinner than formula, needing more thickener. Use the following recommended amounts to achieve the desired consistency:

If thickening to reduce spit-ups: Start with Slightly Thick consistency and increase thickness only if needed.

If thickening due to swallowing difficulties: Follow your healthcare provider's instructions carefully for the recommended consistency. Consistency can be tested using the IDDSI flow test. Learn more at IDDSI.org.



Slightly Thick (aka thin nectar)

Use 2.4g* (2 Scoops or 1 Stick Pack) per 4 oz (120 ml)



Mildly Thick (aka nectar)

Use 2.4g* (2 Scoops or 1 Stick Pack) per 3 oz (90 ml)

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

Note: Gassiness and loose stools are common when first starting Gelmix. They usually subside within the first two weeks of use or by reducing the amount of Gelmix used.

MIXING BREAST MILK IN ADVANCE

- In a clean, sealed container, the mixture may sit at room temperature up to 4 hours, or in the refrigerator up to 24 hours. The thickened mixture is also freeze-thaw stable and can be stored frozen for up to 4 months.
- Feeds can be re-warmed by placing in a container of warm water. Occasionally shake or swirl the bottle to make sure that it heats evenly. Re-warm for no more than 15 minutes and check the temperature – it should feel lukewarm, not hot.
- If served cold, the mixture will be thicker.
- Gelmix may also be mixed with previously frozen or thawed milk, however, once breast milk is brought to room temperature or warmed after storing in the refrigerator or freezer, it should be used within two hours.

**Caution: Overheating breast milk may damage its nutrients.
Do not overheat or rewarm breast milk more than once.**