



FORMULA GUIDE

Thickening Formula with Gelmix (Quick Printable Guide)

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

HOW TO MIX GELMIX WITH FORMULA

1. Wash your hands thoroughly with soap and warm water. Sanitize bottle and/or pitcher before preparation.
2. Pour desired amount of lukewarm water or formula (about 100°F) into bottle or pitcher.
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.

Note: Gelmix is not intended for use with pre-thickened formulas or in addition to other thickening products.

USAGE RECOMMENDATION

Use the following recommended amounts to achieve the desired consistency:

If thickening to reduce spit-ups: Start with the lowest dosage of Slightly Thick consistency and increase thickness only if needed. Most infants do well with 2.4g per 6 oz (180 ml).

If thickening due to swallowing difficulties: Follow your healthcare provider's instructions carefully for the recommended consistency. Regular ready to feed formulas tend to be thinner than powder formulas, so start with the higher dosage, 2.4g per 4 oz (120 ml) for Slightly Thick, or 2.4g per 3 oz (90 ml) for Mildly Thick. 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 4-6 oz (120-180 ml)



Mildly Thick (aka nectar)

Use 2.4g* (2 Scoops or 1 Stick Pack) per 3-4 oz (90-120 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 BOTTLES OR BATCHES IN ADVANCE

- Gelmix may be prepared with warm formula up to 24 hours in advance. Mix & store in a clean, sealed container in the refrigerator.
- You can also mix just Gelmix and warm water, stored in a clean, sealed container, at room temperature for up to 24 hours in advance. When you are ready to feed, just mix in the powder formula to your pre-thickened water.
- 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.