



## 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, 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 water or formula (about 100° F) per recommendations below. 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. Regular ready to feed formulas tend to be thinner than powder formulas, 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](http://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.

### 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're ready to feed, just mix in the the powder formula to your pre-thickened water.

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.