

## INFORMATION FOR PATIENTS

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# Bringing in your own formula milk

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**On 1 April 2021 the maternity ward stopped supplying formula milk for new babies, except in special circumstances. Formula milk will only be supplied if it is medically required or clinically indicated to supplement breastfeeding.**

### What does this mean for you?

You don't have to decide how you want to feed your baby until they are born and you have them in your arms.

If you intend on formula feeding or feel you would like to have some formula milk with you in case you decide to formula feed once your baby is born, then you will need to bring this into hospital with you.

If you would like information on breastfeeding, please speak to your midwife or contact the infant feeding team on [sfh-tr.infantfeeding@nhs.net](mailto:sfh-tr.infantfeeding@nhs.net)

### Important facts for formula feeding:

1. We do not have any facilities available on the wards to prepare powdered milk. If you forget to bring milk please ask a partner, family member or friend to drop some off for you. Formula milk is not available to purchase anywhere on the hospital premises and can only be purchased off site at a supermarket or pharmacy.
2. We advise you to bring in one or two starter packs of formula that contains 6 x 70ml bottles and 6 x disposable teats. If these are unavailable, please bring in small 70ml bottles or the 200ml bottle/cartons to use.

We have a fridge where you can keep your opened bottles/cartons, which will be labelled with your name and the date and time they were opened. **These must be used within 24 hours of opening** and any left-over milk needs to be discarded after this time. Staff will check milk in the fridge daily to throw out milk past this date. Any larger cartons will result in a lot of wastage as babies only feed small amounts in the first few days. **Please use a fresh bottle of milk for every feed.**

3. You will need to bring in with you one or two of your bottles and teats so that you can decant your milk into these to feed your baby. We will provide you with a space to wash them after use and sterilising facilities.

4. The formula milk that you bring into hospital will be your responsibility and we suggest you keep unopened milk in your locker or bag.

## **Responsive bottle feeding**

We promote responsive bottle feeding, alongside the paced feeding technique, for a much more secure and safe feeding experience for your baby. Ask your midwife for more information.

## **Have you considered mixed feeding?**

This is an alternative to fully breastfeeding and might be something you would like more information on. Please speak to your midwife about the benefits of giving some breast milk or contact the infant feeding team on [sfh-tr.infantfeeding@nhs.net](mailto:sfh-tr.infantfeeding@nhs.net)

## **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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