

INFORMATION FOR PATIENTS

Bringing in your own formula milk

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 plan to mixed feed or formula feed you will need to bring this into hospital with you. If you would like information on breast/chestfeeding, please speak to your midwife or email the infant feeding team: sfh-tr.infantfeeding@nhs.net

Important facts for formula feeding:

- Formula milk is not available to purchase anywhere on the hospital premises and can only be purchased off site at a supermarket or pharmacy.
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- Bring one or two starter packs of formula that contains 6x 70ml bottles and 6x disposable teats.
- You can also use small 70ml bottles or the 200ml bottle/cartons - These must be used within 24 hours of opening and any leftover milk would be discarded after this time. 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.**
- You will also need one or two of your own 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 a sterilising tank for the duration of your stay.
- 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

Babies who are bottle fed can be fed responsively, which is at least 8 times in 24 hours, with whatever amount of formula they choose to have at each feed. This is alongside the paced feeding technique, which is 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 breast/chestfeeding and might be something you would like more information on. Please speak to your midwife about the benefits of giving some breast milk or email the infant feeding team: sfh-tr.infantfeeding@nhs.net

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: 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

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.

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 or telephone 01623 622515, extension 6927.

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