

INFORMATION FOR PATIENTS

Bringing in your own artificial 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.

Your breast milk contains benefits for your baby and if you plan to breast/chest feed your baby/babies, you do not need to bring artificial formula into hospital 'just in case'.

However, if you plan to use artificial formula you need to bring pre-made artificial formula, bottles and teats into hospital with you.

Artificial formula milk is not available to purchase anywhere on the hospital premises and can only be purchased off site at a supermarket or pharmacy.

All artificial formula milk contains similar components, so it doesn't matter which brand you choose – however for the first-year babies only need stage 1 milk (and follow-on milk is not required). For more information on artificial formula go to:

<https://www.firststepsnutrition.org/parents-carers>

Items to bring into hospital if you plan to use artificial formula	Important
Premade artificial formula e.g. 1-2 starter packs or 200ml bottle/cartons Please use a fresh bottle of milk for every feed.	The artificial formula milk that you bring into hospital will be your responsibility. Unopened bottles can be stored in your locker or bed space. Opened bottles must be stored in a lockbox inside the fridge in the parent's kitchen (no other fridge or freezer should be used) Once opened each bottle must be used within 24 hours of opening - 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.
Bottles and Teats	We will provide you with a space to wash them after use and a sterilising tank for the duration of your stay.
Bottle brush	

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 artificial formula they choose to have at each feed.

This is alongside the paced feeding technique, which is a much more secure, comfortable and safe feeding experience for your baby. We have a video on the Sherwood Forest Hospitals Infant Feeding page at <https://www.sfh-tr.nhs.uk/services/maternity/infant-feeding/bottle-feeding/>

Have you considered mixed feeding?

This is an alternative to fully breast/chest feeding and might be something you would like more information on. Please speak to your midwife about the benefits of giving some breast milk to your baby/babies 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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