

This book is intended for parents or carers of infants who have been prescribed Aptamil Pepti Syneo by a healthcare professional.

# PREPARATION GUIDE



**IMPORTANT NOTICE:** Breastfeeding is best. Aptamil Pepti Syneo is a food for special medical purposes for the dietary management of cow's milk allergy. It should only be used under medical supervision, after full consideration of the feeding options available including breastfeeding. Suitable for use as the sole source of nutrition for infants from birth, and/or as part of a balanced diet from 6 months. Refer to label for details.

# PREPARATION INSTRUCTIONS



The preparation instructions for Aptamil Pepti Syneo differ to standard formulas you buy in a supermarket. **Please always check the instructions on the label and follow them carefully.**



## STEP 1

Wash hands thoroughly and clean preparation area. Sterilise bottles and teats according to manufacturer's guidelines.



## STEP 4

Before adding the formula make sure the water is at the correct temperature by placing a few drops on the wrist. It should feel slightly cool to the touch.



## STEP 2

Boil fresh water for five minutes or until an electric kettle switches off.



## STEP 5

Fill the scoop provided with Aptamil Pepti Syneo and level off with a clean, dry knife. Do not press the powder into the scoop. Only use the scoop provided. Add the prescribed number of scoops of Aptamil Pepti Syneo to the water.



## STEP 3

Pour the required amount of water into a sterilised feeding bottle. Cover the bottle with the cap and cool down to **room temperature.**



## STEP 6

Replace the cap on the bottle and shake until the powder dissolves.

- Powdered formula is not sterile. Aptamil Pepti Syneo should be made up as needed and prepared immediately prior to feeding.
- Formula remaining in the bottle after one hour of feeding should be discarded. Formula must not be rewarmed during feeding.
- Try to keep all the utensils you use to make up Aptamil Pepti Syneo separate and do not use them for anything else.
- Before using, make sure that all your utensils (i.e. bottles, steriliser, teats etc.) are thoroughly washed and sterilised.

This is especially important if they have previously been used to make up another infant formula.

### IMPORTANT NOTICE

- **Do not** boil the formula and do not use a microwave oven to prepare or warm formula.
- **Never add** extra scoops or anything else to your infant's feed.
- **Do not** heat in a microwave, as hot spots may occur and cause scalding and may also destroy the friendly bacteria.
- **Always use the scoop** provided. Please note the colour of the scoop in the pack may change from time to time.

### How long will it take to cool water to room temperature before adding Aptamil Pepti Syneo?

The time it takes the water to cool down to room temperature will depend on the volume of water in the bottle and the temperature of the room where you are making up the formula.

A helpful tip is to test the temperature of the water on the back of your wrist - room temperature water will feel slightly cool to the touch. At this point you can add the Aptamil Pepti Syneo powder and shake thoroughly.

To cool the water to room temperature more quickly, you can place the closed bottle in a cold water bath, or hold under cold running water until the water inside the bottle reaches room temperature.

You can also prepare a batch of bottles of room temperature water for example in the morning by boiling the water, and pouring into multiple sterilised bottles, replace the caps, and leave on a clean worktop to cool to room temperature and use as needed throughout the day.

**VISIT APTACLUB**  
*for further information on*  
**COW'S MILK ALLERGY AND WEANING**



**[www.aptaclub.ie](http://www.aptaclub.ie)**  
**Freephone 1800 22 1234**

If you have concerns relating to your child's cow's milk allergy,  
please speak to your healthcare professional