Thickening infant formula (powder) with Instant Carobel in line with IDDSI* framework

*International Dysphagia Diet Standardization Initiative

To thicken formula milk with Instant Carobel, we recommend the hot-mixing method outlined below to achieve a stable consistency in a reasonable time-frame. This process has been found to produce reliable, stable textures in a time-frame which would be suitable for feeding on demand.

The following guidance was tested under specific conditions (outlined below), with specific formula milks. In practice there will be greater variability than in these lab tests. We advise using these instructions as a guide, but to check and practice your mixing technique, using the IDDSI flow test to confirm your local results1.

Preparation instructions to thicken formula milk (powder format) with Instant Carobel

1. Wash hands and sterilise all utensils according to formula manufacturer’s instructions
2. Boil 1 litre of fresh water. Leave kettle to cool for 30 minutes & no longer (min. 70°C)
3. Whilst the water is cooling, premix the correct amount of dry infant formula powder and dry Instant Carobel in a sterilised container (see table below)
4. Measure the required amount of water into the sterilised feeding bottle (see table below)
5. Add the premixed infant formula powder and Instant Carobel into the bottle
6. Using a sterilised fork, stir the contents of the bottle for at least 1 minute, until all the powder is dissolved
7. Place the sterilised teat and cap on the bottle and leave to thicken while still hot for 5 minutes
8. Cool the thick mixture in a basin of cold water or under a cold running tap. Swirl the bottle continuously as it cools, until reaching room temperature (24°C)
9. Check temperature of feed. Feed immediately and discard within 2 hours

Recommended amounts of Instant Carobel and formula milk powder to comply with IDDSI framework

<table>
<thead>
<tr>
<th>Type of formula milk powder</th>
<th>IDDSI Framework</th>
<th>Scoops of Instant Carobel (1 scoop = 1.7g)</th>
<th>Scoops of formula milk powder†</th>
<th>Volume of water (ml)</th>
</tr>
</thead>
<tbody>
<tr>
<td>First infant formula milk (powder)*</td>
<td>Level 1</td>
<td>1</td>
<td>6</td>
<td>180</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>1.5</td>
<td>5</td>
<td>150</td>
</tr>
<tr>
<td>Extensively hydrolysed or amino acid formula milk (powder)**</td>
<td>Level 1</td>
<td>1</td>
<td>5</td>
<td>150</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>1</td>
<td>3</td>
<td>90</td>
</tr>
</tbody>
</table>

†Number of scoops of formula milk powder is based on a ratio of 1 scoop to 30ml water. Please confirm this ratio using the formula manufacturer’s feeding guide.

*Testing was carried out using Aptamil First infant milk powder and Cow & Gate First infant milk powder. You may find variation in results using other brands.

**Testing was carried out on Aptamil Pepti 1 and Neocate Syneo. You may find variation in results using other brands.
Important information

- The above results were measured once a stable consistency was reached at room temperature. All liquids are slightly thicker when chilled and thinner when warmed.
- There will be variation in results depending on the type of formula used, there may also be variation depending on the brand of formula.
- Instant Carobel can also be used for the thickening of breastmilk. As all breastmilk samples vary in composition, it is important to check your own results for this using the IDDSI flow test\(^1\).

References


Important Notice

Breastfeeding is best for babies. Instant Carobel is for the use in the dietary management of habitual and recurrent vomiting, dysphagia and rumination. Instant Carobel is a food for special medical purpose and is suitable for full term infants, children and adults. We do not recommend the use of Instant Carobel with preterm or low birthweight babies as there is no clinical data to support its use in these infants. Only to be used under medical supervision. All instructions for preparation should be followed carefully. Not suitable as a sole source of nutrition. In the interest of good dental hygiene, clean your baby’s teeth regularly, especially before bedtime. For enteral use only.