



Special Premature Formula

This handout was written to answer some of the questions you may have about your baby's special premature formula. Please feel free to ask your baby's dietitian, doctor or nurse practitioner to go over any information you do not understand.

Why does my baby need a special "premature" formula?

During the last three months of pregnancy, babies grow a lot. Even though your baby was born early, he or she still has catch-up growth to do. Standard formula cannot provide your baby with the calories, protein, vitamins and minerals that he or she needs. Your baby may also need special kinds of proteins, sugars and fats to help his or her stomach and bowels begin their important jobs of digesting.

How are premature formulas different from standard formulas?

Premature formulas contain more calories, protein, vitamins and minerals than standard formulas. The protein used has more whey than casein, making a softer, smaller curd when it reaches your baby's stomach. Sugar that is easily digested (glucose polymer) is used as well as lactose (the same kind of sugar that is present in human milk). Oil that is easily digested is used. Other oils are also used that provides fat needed for skin and brain growth.

Will my baby need a special premature formula when he or she comes home?

Many premature babies need a special premature formula for awhile after going home. Your baby's doctor or dietitian will give you instructions for the special formula. As your baby grows, your baby's doctor will decide what formula your baby needs.

My baby's special formula is _____.

This handout is for general information only. It should not be considered complete. For more information about special formula, please ask your dietitian or nurse practitioner.

Additional information and resources are available in the Family Resource Center at Dayton Children's. The center is open Monday 9:00 am - 8:00 pm; Tuesday - Friday 9:00 am - 4:00

pm; Saturdays 9:00 am–2:00 pm. The center is closed on Sundays and holidays. Please call 937-641-3700 for more information.

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