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“Practice Limited to Pediatrics”

FORMULA FEEDING

Formula comes in two forms:

- Ready to Feed
- Powder (Easy to mix)

Most city water is safe to use out of the tap without boiling or further preparation. If you need to use water to prepare your child’s bottle and do not know if your water is safe, you should check with your physician or county health department.

Our recommendations are:

1. **Do not use** bottled water unless it is boiled for ten minutes before use. Potentially harmful bacteria or fungi may be introduced through bottled water to young babies.
2. If you use tap water, use cold water. Allow the water to run for 2 minutes before collecting water to mix with formula or to give a baby. **Do not boil tap water!**
3. **Well Water:** Bring water to a rolling boil and continue to boil for 3-5 minutes. A fluoride supplement may be recommended in addition to daily multi-vitamins.

Vitamins: Poly-Vi-Sol® Drops

