

# CARE OF YOUR ENTERAL FORMULA

## STORAGE

Unopened containers of enteral formula should be stored in a cool, dry place with a temperature between 40 and 90 degrees. Exposing formula to extreme temperatures for long periods of time can decrease the integrity of the formula.

Partially used, opened containers of formula can be covered and stored in the refrigerator for up to 24 hours. They must be used within 24 hours or thrown away.

To bring a refrigerated formula back to room temperature before use through a tube, let it sit out for 30 minutes before use or submerge the container of formula in a bowl of warm water.

Enteral formula should not remain at room temperature for more than 8 hours.

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## POWDERED FORMULAS

If your formula is a powdered kind that you mix with water daily, this should only be made daily and used within 24 hours. It should be kept in a covered container in the refrigerator prior to use. Mix your formula according to the instructions given to you at the hospital.

