

Emergency Regimen: Formula feeding infants less than 1 year

10% Carbohydrate Recipes

(once made, store at the back of the fridge and use within 24 hours; shake before use)

Infant Formula

150ml of standard infant formula
1 level white scoop of Maxijul or SOS 10 powder (4.3 g)

Or

SOS recipe

1 sachet of SOS 10 (21 g)
Add cooled boiled water to 200ml

Or

Polycal recipe

35 ml of Polycal liquid
Add cooled boiled water to 200ml

Or

Oral rehydration solution recipe*

1 sachet of Dioralyte (4.1 g)
4 level white scoops of Maxijul or SOS 10 powder (17.2 g)
Add cooled boiled water to 200 ml

*If your child is vomiting and/or has diarrhoea, the oral rehydration solution recipe should be used. If vomiting and/or diarrhoea persists, you should bring your child to the local hospital for medical assessment and intravenous Dextrose.

Age	Recommended minimum feed volumes:
0-3 months	45-80ml every 2 hours or 70-120ml every 3 hours day and night
4-6 months	85-100 ml every 2 hours or 130-150ml every 3 hours day and night
7-9 months	90-100ml every 2 hours or 130-150ml every 3 hours day and night
10-12 months	100ml every 2 hours or 150ml every 3 hours day and night