

How to Prepare a Bottle



Wash hands and sanitize bottle before preparation.



Warm milk to at least body temperature ~98.6°F/37°C.



Follow recipe for desired thickness, and sprinkle Gelmix into warm milk.



Cap and shake well 30 seconds, until completely dissolved.



Let thicken for wait time listed in recipe. Mix again before feeding.

Recipe for Breast Milk

2.4g Gelmix = 1 stick or 2 scoops

a gram scale is the most accurate method for measurement

1 SLIGHTLY THICK (thin nectar)

- add 2.4g to 4 fl. oz.
- to scale, use .6g per 1 fl. oz.
- wait 10 minutes to thicken

2 MILDLY THICK (nectar)

- add 2.4g to 3 fl. oz.
- to scale, use .8g per 1 fl. oz.
- wait 10 minutes to thicken

3 MODERATELY THICK (honey)

- add 2.4g to 2 fl. oz.
- to scale, use 1.2g per 2 fl. oz.
- wait 10 minutes to thicken

Level 3 should only be used under medical supervision, as it may restrict nipple flow and increase the risk of dehydration.

IDDSI Flow Test

The IDDSI Flow Test measures how fast a liquid flows using the IDDSI Funnel and helps define its thickness level.

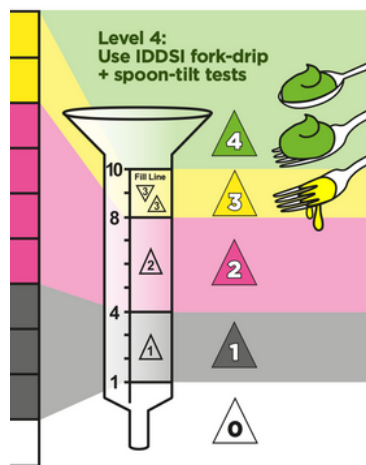
Use this tool the first few times you try a recipe to account for variations in milk or environment, such as temperature, and ensure you achieve the desired thickness.



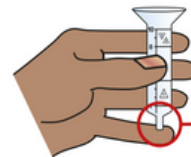
www.iddsi.org

Flow Test

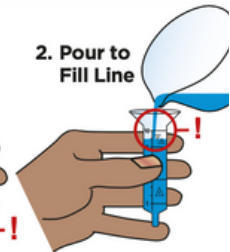
IDDSI level depends on liquid remaining after 10 seconds flow.



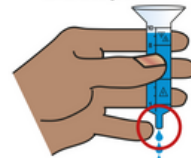
1. Cover nozzle with finger



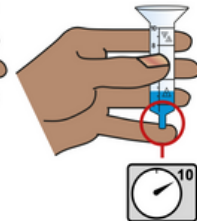
2. Pour to Fill Line



3. Remove finger from nozzle as you start the stopwatch



4. Stop at 10 seconds



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Tests Performed by Parapharma Tech, Designed for use with the IDDSI Framework.

For more recipes visit: gelmix.com/recipes - Email: contact@gelmix.com - Phone: 866.950.7278

Refer directly to product packaging for nutritional data and safety information.

Can I prepare Gelmix in advance?

Yes, freshly expressed breast milk can be thickened with Gelmix and prepared up to 24 hours ahead. For best results, mix Gelmix with warm, freshly expressed breast milk, then store it immediately in a sterilized, sealed container in the refrigerator. Use the mixture within 24 hours.

Warm it gently before feeding, but avoid reheating breast milk more than once.

For longer storage, the prepared mixture is freeze-thaw stable for up to 4 months.

Are there any side effects to using Gelmix?

Some babies may have gas or loose stools when first using Gelmix. This is normal and usually goes away within two weeks as your baby adjusts to the added fiber. If symptoms don't get better or get worse, talk to your doctor.

What should I do if I'm getting clumps?

Gelmix should dissolve easily in warm milk. If you're having trouble with clumps, try these tips:

- **Use the right temperature:** Warm the milk to at least body temperature, about 98°F. Liquids hotter than 120°F can cause clumps, and colder than 95°F won't thicken properly.
- **Mix Quickly:** Sprinkle Gelmix into the milk and mix right away. If it sits too long, it may clump and be harder to dissolve.
- **Try a Frother:** Using a frother to mix can help create a smooth mixture.

Should I change the nipple size?

Thickened feeds flow slower, so you might need a larger nipple size or one made for thickened liquids. Talk to your speech-language pathologist (SLP) or feeding therapist to find the best size and flow rate for your baby, especially if they have dysphagia.

Where can I purchase Gelmix?

Gelmix is readily available on Amazon, gelmix.com and some local stores. Check our website for all locations. Gelmix is usually supplied by DME suppliers (not pharmacies), which specialize in medically necessary supplies.

Is Gelmix covered by insurance?

Thickeners are not always covered by insurance, but it may be possible if they are considered medically necessary. Your doctor can send a referral or letter of medical necessity to a DME supplier using HCPCS Code B4100.

- **Medicaid:** Coverage depends on the state. Many states cover thickeners through Medicaid. If your state doesn't, the WeCare program offers discounts for Medicaid recipients. Visit gelmix.com/wecare to learn more.
- **Private Insurance:** Check with your provider about coverage or reimbursement for medically necessary items.

For more Medicaid details and to find DME suppliers, visit gelmix.com/insurance.