



NCCU CLINICAL GUIDELINES  
SECTION: 6

**NUTRITION – ENTERAL & PARENTERAL**

Section: 6 Nutrition – Enteral & Parenteral  
Preparation of fortified human milk  
Date Revised: November 2011

Neonatology Clinical Guidelines  
King Edward Memorial/Princess Margaret Hospitals  
Perth Western Australia

**GUIDELINES FOR PREPARATION OF FORTIFIED EXPRESSED MILK**

| <b>EBM FORTIFIED WITH Nutricia Nutriprem Breast Milk Fortifier<br/>LEVEL 1 EBM</b>                |     |                    |        |                        |
|---|-----|--------------------|--------|------------------------|
| <b>Add no. of sachets in Column B OR grams of powder in Column C to volume of EBM in Column A</b> |     |                    |        |                        |
| <b>A</b>  |     | <b>B</b>           |        | <b>C</b>               |
| <b>Volume of EBM</b>  |     | <b>No. sachets</b> |        | <b>Grams of powder</b> |
| 800   | add | 16                 | or add | 33.6                   |
| 775   | add |                    | or add | 32.55                  |
| 750   | add | 15                 | or add | 31.5                   |
| 725   | add |                    | or add | 30.45                  |
| 700   | add | 14                 | or add | 29.4                   |
| 675   | add |                    | or add | 28.35                  |
| 650   | add | 13                 | or add | 27.3                   |
| 625   | add |                    | or add | 26.25                  |
| 600   | add | 12                 | or add | 25.2                   |
| 575   | add |                    | or add | 24.15                  |
| 550   | add | 11                 | or add | 23.1                   |
| 525   | add |                    | or add | 22.05                  |
| 500   | add | 10                 | or add | 21                     |
| 475   | add |                    | or add | 19.95                  |
| 450   | add | 9                  | or add | 18.9                   |
| 425   | add |                    | or add | 17.85                  |
| 400   | add | 8                  | or add | 16.8                   |
| 375   | add |                    | or add | 15.75                  |
| 350   | add | 7                  | or add | 14.7                   |
| 325   | add |                    | or add | 13.65                  |
| 300   | add | 6                  | or add | 12.6                   |
| 275   | add |                    | or add | 11.55                  |
| 250   | add | 5                  | or add | 10.5                   |
| 225   | add |                    | or add | 9.45                   |
| 200   | add | 4                  | or add | 8.4                    |
| 175   | add |                    | or add | 7.35                   |
| 150   | add | 3                  | or add | 6.3                    |
| 125   | add |                    | or add | 5.25                   |
| 100   | add | 2                  | or add | 4.2                    |
| 75  | add |                    | or add | 3.15                   |
| 50  | add | 1                  | or add | 2.1                    |
| 25  | Add |                    | or add | 1.05                   |

**EBM FORTIFIED WITH WYETH S26-SMA HMF  
LEVEL 1 EBM**

**Add number of sachets in Column B OR grams of powder in Column C to volume of EBM in Column A**

| <b>A</b>                  |     | <b>B</b>              |        | <b>C</b>               |
|---------------------------|-----|-----------------------|--------|------------------------|
| <b>Volume of EBM (mL)</b> |     | <b>No. of Sachets</b> |        | <b>Grams of Powder</b> |
| 800                       | add | 16                    | or add | 32                     |
| 775                       | add |                       | or add | 31                     |
| 750                       | add | 15                    | or add | 30                     |
| 725                       | add |                       | or add | 29                     |
| 700                       | add | 14                    | or add | 28                     |
| 675                       | add |                       | or add | 27                     |
| 650                       | add | 13                    | or add | 26                     |
| 625                       | add |                       | or add | 25                     |
| 600                       | add | 12                    | or add | 24                     |
| 575                       | add |                       | or add | 23                     |
| 550                       | add | 11                    | or add | 22                     |
| 525                       | add |                       | or add | 21                     |
| 500                       | add | 10                    | or add | 20                     |
| 475                       | add |                       | or add | 19                     |
| 450                       | add | 9                     | or add | 18                     |
| 425                       | add |                       | or add | 17                     |
| 400                       | add | 8                     | or add | 16                     |
| 375                       | add |                       | or add | 15                     |
| 350                       | add | 7                     | or add | 14                     |
| 325                       | add |                       | or add | 13                     |
| 300                       | add | 6                     | or add | 12                     |
| 275                       | add |                       | or add | 11                     |
| 250                       | add | 5                     | or add | 10                     |
| 225                       | add |                       | or add | 9                      |
| 200                       | add | 4                     | or add | 8                      |
| 175                       | add |                       | or add | 7                      |
| 150                       | add | 3                     | or add | 6                      |
| 125                       | add |                       | or add | 5                      |
| 100                       | add | 2                     | or add | 4                      |
| 75                        | add |                       | or add | 3                      |
| 50                        | add | 1                     | or add | 2                      |
| 25                        | add |                       | or add | 1                      |

**EBM FORTIFIED WITH NESTLE FM 85  
LEVEL 1 EBM**

**Add number of sachets in Column B OR grams of powder in Column C to volume of EBM  
in Column A**

| <b>A</b>             |     | <b>B</b>           |        | <b>C</b>               |
|----------------------|-----|--------------------|--------|------------------------|
| <b>Volume of EBM</b> |     | <b>No. sachets</b> |        | <b>Grams of powder</b> |
| 800                  | add | 40                 | or add | 40                     |
| 780                  | add | 39                 | or add | 39                     |
| 760                  | add | 38                 | or add | 38                     |
| 740                  | add | 37                 | or add | 37                     |
| 720                  | add | 36                 | or add | 36                     |
| 700                  | add | 35                 | or add | 35                     |
| 680                  | add | 34                 | or add | 34                     |
| 660                  | add | 33                 | or add | 33                     |
| 640                  | add | 32                 | or add | 32                     |
| 620                  | add | 31                 | or add | 31                     |
| 600                  | add | 30                 | or add | 30                     |
| 580                  | add | 29                 | or add | 29                     |
| 560                  | add | 28                 | or add | 28                     |
| 540                  | add | 27                 | or add | 27                     |
| 520                  | add | 26                 | or add | 26                     |
| 500                  | add | 25                 | or add | 25                     |
| 480                  | add | 24                 | or add | 24                     |
| 460                  | add | 23                 | or add | 23                     |
| 440                  | add | 22                 | or add | 22                     |
| 420                  | add | 21                 | or add | 21                     |
| 400                  | add | 20                 | or add | 20                     |
| 380                  | add | 19                 | or add | 19                     |
| 360                  | add | 18                 | or add | 18                     |
| 340                  | add | 17                 | or add | 17                     |
| 320                  | add | 16                 | or add | 16                     |
| 300                  | add | 15                 | or add | 15                     |
| 280                  | add | 14                 | or add | 14                     |
| 260                  | add | 13                 | or add | 13                     |
| 240                  | add | 12                 | or add | 12                     |
| 220                  | add | 11                 | or add | 11                     |
| 200                  | add | 10                 | or add | 10                     |
| 180                  | add | 9                  | or add | 9                      |
| 160                  | add | 8                  | or add | 8                      |
| 140                  | add | 7                  | or add | 7                      |
| 120                  | add | 6                  | or add | 6                      |
| 100                  | add | 5                  | or add | 5                      |
| 80                   | add | 4                  | or add | 4                      |
| 60                   | add | 3                  | or add | 3                      |
| 40                   | add | 2                  | or add | 2                      |
| 20                   | add | 1                  | or add | 1                      |