



**CULVER PEDIATRICS
CENTER**

Modern Medical Care, Old Fashioned Service

Formula Shortage Strategies and Advice

Many families are concerned about the formula shortage. Here are some ways to safely make sure your formula-fed baby gets the nutrition they need:

Do:

- 1) Check smaller stores and pharmacies in small towns and smaller markets. Be kind. Do not buy out the entire store.
- 2) Order online from reputable resources. Always check the **LOT** numbers to make sure they have not been recalled. *(See link below)*
- 3) Talk to your baby's pediatrician to see if they have samples available.
- 4) Ask around! Some people may have formula available. Make sure it is not expired and that the LOT numbers are not recalled.
- 5) Unless your baby is on special formula that requires a prescription, it is OK to feed them a different brand of formula or formula type. If you have any questions if this is safe for your baby, ask your baby's pediatrician.

Culver Pediatrics Formula Drive

- 1) If you have unopened formula, email Nurse Becca nurse@culverpediatrics.com to schedule a drop off or pick up location and time
- 2) If you need formula, email Nurse Becca nurse@culverpediatrics.com to make a request

Some other possible solutions to consider:

- 1) Talk to your baby's pediatrician or lactation consultant about **relactating** if your baby is less than 6 months old. Below are local lactation consultants that can help guide you.
 - a. <https://www.milkguide.com/>
 - b. <https://www.facebook.com/BirthQueensandMilkQueens/>
- 2) Consider purchasing donor human milk from [The Milk Bank](#) of Indiana.
 - a. Complete [Recipient Form](#)
 - b. Select Culver Pediatrics as the pick up site
 - c. Pay the Milk Bank online for the purchased milk.
 - d. Email info@culverpediatrics.com to schedule your pick-up appointment



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Do NOT:

- 1) Dilute formula. This can lead to electrolyte abnormalities which can cause seizures. Babies also lose weight on diluted formula.
- 2) Make your own formula. This can also be dangerous and cause contamination.
- 3) Feed your infant milk alternatives or whole cow's milk or goat's milk. This can cause serious problems including gastrointestinal bleeding and kidney failure.

How To Pay It Forward:

- 1) If you have an excess of formula, consider donating it to a friend in need or a local food pantry or the [Culver Peds Formula Drive](#) .
- 2) If you are breastfeeding and tend to be an overproducer, consider donating breast milk to The Milk Bank of Indiana.
<https://www.themilkbank.org/donate-milk>

Talk to your baby's pediatrician if you have any concerns. Your baby's pediatrician is your partner and advocate in crisis situations like this.

Resources:

- [Academy of Breastfeeding Medicine Statement on Shortage of Breastmilk Substitutes](#)
- [Abbott Recall Look Up](#)
- [FDA Formula Recall Information](#)