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/](https://www.milkguide.com/)
   b. [https://www.facebook.com/BirthQueensandMilkQueens/](https://www.facebook.com/BirthQueensandMilkQueens/)
2) Consider purchasing donor human milk from *The Milk Bank* of Indiana.
   a. Complete [Recipient Form](mailto:info@culverpediatrics.com)
   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
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