

# the Penguin NUTRITIONAL WARMER™

The **Penguin Nutritional Warmer** provides consistent feeding temperatures that may increase an infant's comfort and success during oral feedings. Data collected from multiple NICUs found that only 22% of feedings were in "Mom's temperature range" of 94° to 99° F.

- **55% of feedings were below body temperature**  
Pre-warming feedings to body temperature can help maintain an infant's thermal stability and preserve precious calories.
- **23% of feedings were above body temperature**  
Using temperatures above 120° F to warm or thaw breastmilk will destroy the immunological properties; just like using a microwave.
- **Only 22% were in "mom's temperature range" of 94-99° F**  
Warming feedings to body temperature range provides infants with a positive oral sensory experience similar to the warmth of amniotic fluid and the pleasure of breast-feeding.

The **2004 American Dietetic Association Guidelines** highlight the importance of having standardized procedures for infant formula and breastmilk preparation in order to enhance efforts to improve clinical outcomes<sup>1</sup>. The Penguin Nutritional Warmer helps staff warm milk safely and efficiently in accordance with these ADA Guidelines.

## WARMING RECOMMENDATIONS

- 1 Breastmilk/formula should be warmed to body temperature for bolus feedings.
- 2 Acceptable methods for warming infant breastmilk or formula include electric warming units, warm water baths and warm running water.
- 3 Hot (>120° F) or boiling water should never be used to warm feedings.
- 4 Never microwave a feeding to warm it as this can cause dangerous hot spots and destroys many breastmilk components.

## THAWING RECOMMENDATIONS

- 5 Thaw frozen milk in the refrigerator or under cool, running water.
- 6 After thawing, unused milk may be stored in the refrigerator up to 24 hours.

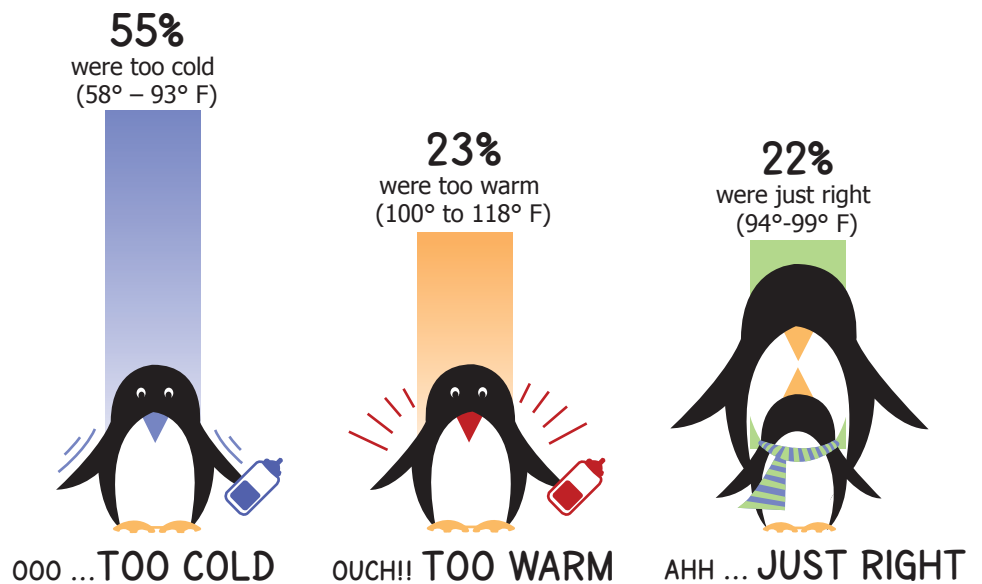
\* Times quoted are approximate and vary based on many variables, such as volumes, container size, and starting temperatures

1. **Source:** Pediatric Nutrition Practice Group of the American Dietetic Association (2004) Infant Feedings: Guidelines for Preparation of Formula and Breastmilk in Health Care Facilities. Eds: Sandra T. Robbins and Leila T. Baker.

# Nutritional Warming

## Stop guessing the temperature of your next feeding

Data collected from NICUs nationwide recently revealed that more than 75% of feedings were outside the desired temperature range.



## Comply with ADA guidelines with the Penguin



### The Penguin Nutritional Warmer promotes aseptic technique

The Penguin Thermo-Liners™ help maintain aseptic technique during feeding preparation, as recommended by the ADA. The patented "bag in a bag" design provides a safer way to utilize the efficient conductive heat properties of water without direct exposure of the bottle or syringe to the water. It only takes one drop of water to expose a baby to pathogens (up to 2 billion per drop) that may be lurking in the tap water!

### The Penguin standardizes and simplifies warming and thawing

The Penguin gently vibrates throughout the warming and thawing process to help distribute the heat, minimize the risk of hot spots, and keep micronutrients and additives suspended. The thaw function dramatically decreases time to thaw while keeping the breastmilk at cool, safe temperatures.

## The Penguin gently warms breastmilk and formula

Warming too quickly can damage breastmilk. Place the feeding into the Penguin before you start your cares; it will be safely warmed when the baby is ready to feed.

### WARM Feeding in 5 - 8 minutes\*

Warm refrigerated or room temperature formula and breastmilk to body temperature range; holds temp for up to 30 minutes.

### WARM Frozen Milk in 10 - 18 minutes\*

Warm frozen breastmilk to body temperature range; holds temp for up to 30 minutes.

### THAW Frozen Milk in 15 - 25 minutes\*

Thaws frozen breastmilk to a cool liquid state so it can be safely refrigerated and used as needed for up to 24 hours.

It's so easy to use. Just press the buttons!



The Selection button allows you to choose your container type and approximate volume for fast and efficient thawing or warming.