

How to sterilise your baby's feeding equipment

Information and advice for patients

Maternity

To help protect your baby against infections, for the first year of their life, any equipment you use to help feed your baby (bottles, teats, breast pump) must be cleaned and sterilised.

Before starting, you must wash your hands in warm soapy water, and clean all work surfaces.

- Wash all equipment used in warm soapy water.
- You can use a dishwasher to clean your equipment but it will still need to be sterilised afterwards.
- Use a special bottle/teat brush to remove all traces of milk.
- When cleaned, rinse all of the equipment in cold water before sterilising.



There are 2 ways of sterilising your equipment:

- Steam (boiling, microwave or electric steriliser).
- Cold water sterilising solution.

Sterilising by boiling

- Place all equipment into a pan with a tight fitting lid and fill with water making sure there is no air trapped inside any of the equipment, and it is all covered by the water.
- Boil the water for at least 10 minutes with the lid on the pan. Make sure the pan does not boil dry.
- Keep the lid on the pan until you are ready to use the equipment.
- When using this method, any bottle teats used will need to be replaced more frequently as they will get damaged quicker.
- Make sure you replace any damaged equipment.
- Always take care to never leave boiling hot water unattended when children are present.

Steam sterilising (electric steriliser or microwave)

- There are different types of steam sterilisers so always follow the manufacturers instructions as to how much water to use and how long you can leave equipment before it needs to be sterilised again.
- If using bottles or teats make sure they are facing down in the steriliser so that the steam can get in.
- Take care not to burn or scald yourself when you remove the lid– make sure if your steriliser has a cooling period, you wait for it to finish.

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Cold-water sterilising solution

- Whatever brand you use, be sure to follow the manufacturer's instructions which will tell you how long the equipment needs to be in the solution before they have been sterilised.
- Every 24 hours change the sterilising solution.
- You can add and remove equipment to the solution throughout the day.
- If using bottles or teats, make sure there is no air trapped inside and that they are full of the sterilising solution.
- The equipment needs to be held in the solution by a floating cover.
- There is no need to rinse equipment when it is removed from the solution however some people prefer to. If you do rinse equipment, rinse with cooled boiled water.

Remember:

- It is always better to use the equipment immediately after it has been sterilised.
- Always wash your hands before putting your equipment back together – whatever method you use.



Contact details

Our Infant Feeding Team is on hand for any of your questions. Please feel free to call us on: 0781 606 1633, Monday – Friday 8.30am - 4.30pm.

This text in this leaflet has been adapted with permission from the Start 4 Life 'A guide to bottle feeding'.

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5495 or email: swb-tr.swbh-gm-patient-information@nhs.net



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