

Cleaning and Sterilising Infant Feeding Equipment

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Why clean and sterilise feeding bottles and equipment?

Bottles, teats and all feeding equipment including containers for storing breastmilk must always be cleaned AND sterilised until your baby is at least six months old. This helps to stop your baby from getting sick from germs.

Equipment you will need:

A bottle brush - to clean the inside of feeding equipment

Depending on your preferred Method of Sterilising:

If **Boiling** - A large saucepan

If **Steam sterilising** -An electric or microwave steam sterilising unit.

If using **sterilising chemicals** (e.g. Milton) – A large plastic container with lid

FIRST STEP- CLEANING

- Wash your hands
- Rinse bottles, teats and covers in cold water
- Wash everything well with warm water and detergent
- Use a bottle brush to clean the inside of the Bottle, paying particular attention to the grooves.
- Turn teat inside out and squirt water through the holes.
- Rinse well in clean water

NEXT STEP- STERILISING

All equipment needs to be sterilised. There are different ways of sterilising

1. **Boiling**

Boiling is the preferred option for sterilising bottles and other infant feeding equipment as it ensures consistent and reliable results if the correct steps are taken.

- Put equipment in a large saucepan and cover with cold tap water submerging equipment to eliminate air bubbles.
- Bring to the boil, and boil for 5 minutes- Do not allow it to boil dry
- Let the water cool before taking the equipment out.
- Shake off excess water, and store everything in a sterilised container in the fridge
- Resterilise after each use or every 24 hours if not used.



2. Steam Steriliser

Steam sterilisers are automatic units, which raise the temperature quickly to kill bacteria

To use, place clean equipment into unit, add water according to manufacturer's instructions and switch on. It will switch itself off when completed.

Microwave steam sterilisers are also available. Follow manufacturer's directions

Resterilise after each use or every 24 hours if not used.

3. Chemicals Sterilisers (e.g. Milton- can come in liquid or tablet form).

- Wash your hands
- Make up to manufacturer's instructions
- Make up the solution in a large plastic container
- Don't put metal (e.g. knives) into chemicals to sterilise
- Add cleaned equipment ensuring everything is fully covered with the solution (no air gaps).
- Leave equipment for recommended time before using or until required.
- Make up a fresh solution every 24 hours. Wash the container in soapy water and rinse it before putting in new solution.
- Wash hands before removing equipment
- Do not rinse or dry equipment, this will increase the risk of re-contamination
- Store chemicals away from children.

Reference: NHMRC Feeding Guidelines 2015

