Sterilisation of Bottles And Teats

RPA Newborn Care

All equipment used to feed a newborn baby from birth to one year of age should be sterilised. This means that if you are expressing your breast milk or formula feeding you will need to know how to clean and sterilise all the equipment you are going to use.

There are several methods you can use. Discuss the advantages of each with the nurse caring for your baby.

Boiling

1. Wash all equipment in warm soapy water with a bottle brush. Turn teats inside out and squirt water through the holes.
2. Rinse all equipment to remove detergent.
3. Place all equipment in a large saucepan and immerse in water.
4. Place the lid on the saucepan and bring to the boil.
5. Boil for 10 minutes.
6. Turn the stove off and leave to cool with the lid on.
7. Remove the equipment with tongs being careful not to touch the inside of containers. Shake off excess water.
8. Seal or cover all containers. They will remain sterile for 24 hours.
9. A microwave is unsuitable for sterilising feeding equipment and is not recommended.

Hypochlorite Solutions (eg Milton; Souls Pattisons Chemist)

1. Wash and rinse all equipment to be sterilised as for boiling.
2. Prepare sterilising solution as per manufacturer’s instructions. Do not boil water.
3. Immerse the equipment completely in the solution making sure all air bubbles are removed. Squirt solution through teat holes.
4. Leave for 1 hour. This equipment is now sterile.
5. You can either leave the equipment in the solution until required or remove it. Shake off excess solution and seal. Do not rinse with water. The equipment will remain sterile for 24 hours.

Steaming

1. Wash and rinse all equipment to be sterilised as for boiling.
2. Follow manufacturer’s instructions. There are several steaming units that are available on the market. Discuss with the nurse caring for your baby.
3. Remove equipment and seal. It will remain sterile for 24 hours.