



Sterilisation of Bottles and Teats

All equipment used to feed baby from birth to one year of age should be sterilised. This means if you are expressing your breast milk or formula feeding you will need to know how to clean and sterilise all equipment you are going to use. There are several different methods you can use to do this.

Boiling

1. Wash all equipment in warm soapy water using a bottle brush. Turn teats inside out and squirt water through 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 5 minutes.
 6. Turn the heat off and leave to cool with the lid on.
 7. Remove the equipment with tongs being careful not to touch the inside of the containers.
 8. Dry with clean paper towel.
 9. Place equipment in a covered container. They will remain sterile for 24hours this way.
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Steaming

You can purchase a purpose built steam steriliser that either uses electricity or is designed for use in a microwave. Ultraviolet light sterilising devices are now on the market along with microwave steam sterilising bags that can be used numerous times depending on the manufacturer's recommendation.

For these devices follow the same cleaning regime as above and place in the device you have chosen as per the manufacturer's instructions. Store after as described above.