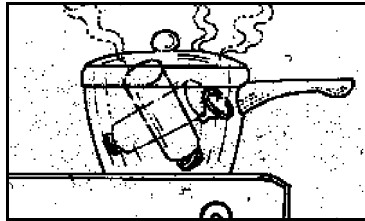


Sterilising baby feeding equipment

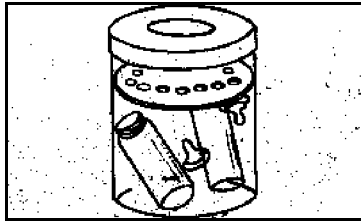
It is very important to keep any equipment used for feeding your baby either formula or breastmilk (such as bottles, teats and breast pumps) completely clean. This will help to protect your baby against infection, particularly tummy bugs (diarrhoea and vomiting).

To do this you need to sterilise your equipment after you have washed it thoroughly. You will need to continue to do this until your baby is a year old.

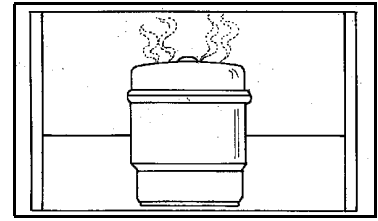
There are several ways of sterilising equipment. You could use:



a saucepan

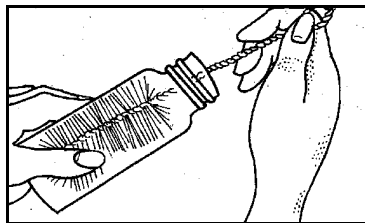


a chemical steriliser
(not suitable for metal items)

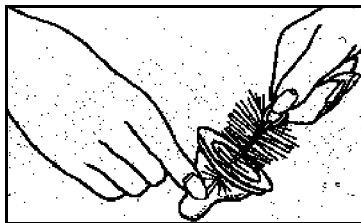


a steam steriliser

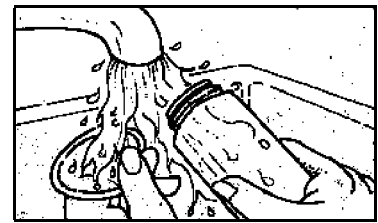
You could also use a special **microwave bottle steriliser** in a microwave oven, but this is not suitable for metal items or certain types of plastic.



1 Wash all bottles and other equipment thoroughly in hot soapy water using a bottle brush. Scrub the inside and outside of the bottle to remove fatty deposits. Pay particular attention to the rim.

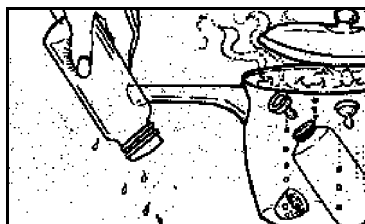


2 Use a small teat brush to clean the inside of the teat; or turn it inside out and wash in hot soapy water. Salt, if used to clean latex teats, should always be rinsed off completely.



3 Rinse all your washed equipment thoroughly before sterilising.

Check teats and bottles regularly for signs of deterioration. If you are unsure about a bottle or teat, it's safer to throw it away.



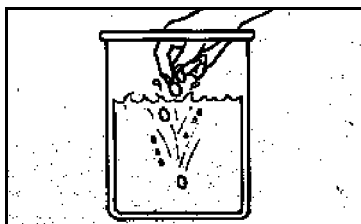
4A To sterilise by boiling:

Put the equipment into a large pan filled with water. Make sure there is no air trapped in the bottles or teats. Cover the pan with a lid and bring to the boil. **Boil for at least 10 minutes.** Make sure that the pan does not boil dry.

Keep the pan covered until the equipment is needed.

4B To use steam or microwave sterilisers:

Follow the manufacturer's instructions.

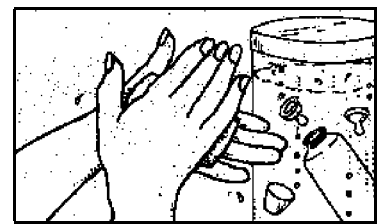


4C To sterilise with chemicals:

Make up the solution, using tablets or liquid, following the manufacturers' instructions. Submerge the equipment in the solution, making sure there is no air trapped in the bottles or teats. Your sterilising tank should have a plunger to keep all equipment under the water - or you can use a plate. **Leave in solution for at least 30 minutes.**

If you wish to rinse your equipment before using, use water that has been boiled and allowed to cool.

Make up a fresh solution every 24 hours.



5 Always wash your hands before removing equipment from your steriliser. Take care when handling equipment which may be hot.

Reproduced by the UNICEF UK Baby Friendly Initiative, with thanks to the Women's Centre, Oxford Radcliffe Hospital NHS Trust.

Breastfeeding is the healthiest way to feed your baby and it doesn't cost anything. If you use baby milk powder, it is very important for your baby's health that you follow all instructions carefully. It is possible, but difficult, to reverse a decision not to breastfeed or to re-start breastfeeding once you have stopped. Introducing partial bottle feeding will reduce a mother's breastmilk supply. Breastfeeding mothers do not need to eat any special foods but, just like everyone else, they are advised to follow a healthy diet. (Infant formula & follow-on formula regulations 1995)