



## **IMPORTANCE OF STERILISING BABY BOTTLES**

It's important to sterilise all feeding equipment, including bottles and teats, until they are at least 12 months old.

This will protect the baby against infections, in particular diarrhoea and vomiting.

Before sterilising, you need to: Wash your hands and clean the area.

- Clean bottles, teats, and other feeding equipment in hot, soapy water as soon as possible after feeds.
- Use a clean bottle brush to clean bottles (only use this brush for cleaning bottles), and a small teat brush to clean the inside of teats. You can also turn teats inside out then wash them in hot soapy water. Do not use salt to clean teats, as this can be dangerous for your baby.

### **How to sterilise:**

Clean the bottle and teat in hot soapy water as soon as possible after a feed, using a clean bottle brush. Rinse all the equipment in clean running cold water before putting it in Milton.

### **Cold Water Sterilising:**

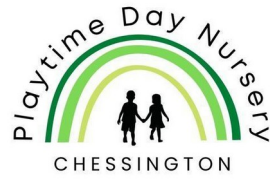
- Leave feeding equipment in the sterilising solution for at least 30 minutes.
- Change the sterilising solution every 24 hours.
- Make sure there are no air bubbles trapped in the bottles or teats when putting them in the sterilising solution.
- Your steriliser should have a floating cover or a plunger to keep all the equipment under the solution.

### **After you've finished sterilising:**

When you do take them out, put the teats and lids on the bottles straightaway to prevent cross contamination.

Wash and dry your hands before handling sterilised equipment. Better still, use some sterile tongs.

Assemble the bottles on a clean, disinfected surface or the upturned lid of the steriliser.



Any equipment not used straight away should be re-sterilized before use.