

Sterilising baby feeding equipment



Information for patients
Maternity Services



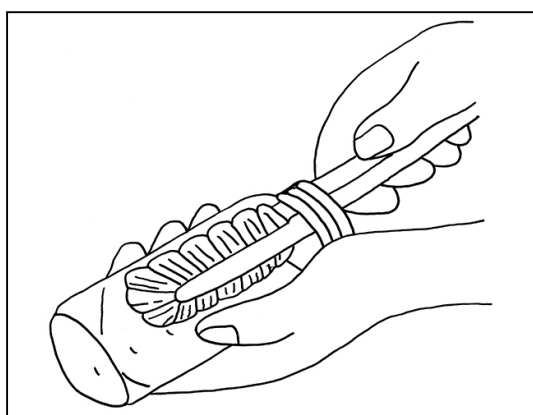
Easy Read



Sterilising is a special way of cleaning baby's feeding things to get rid of germs.

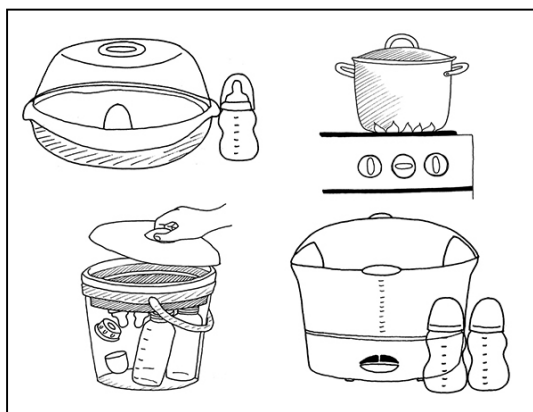
Things that need to be sterilised are:

- bottles
- teats
- caps
- dummies



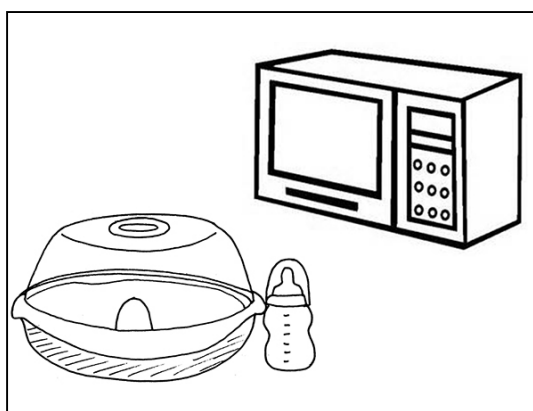
Everything must be washed before getting sterilised.

Use a special bottle brush for the bottles.



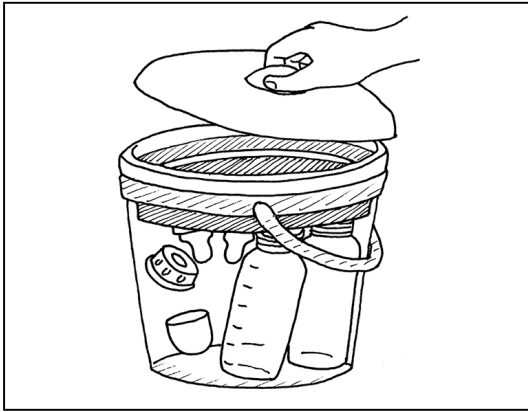
There are different ways to sterilise:

- microwave steam
- cold water sterilising
- boiling water
- electric steam sterilising

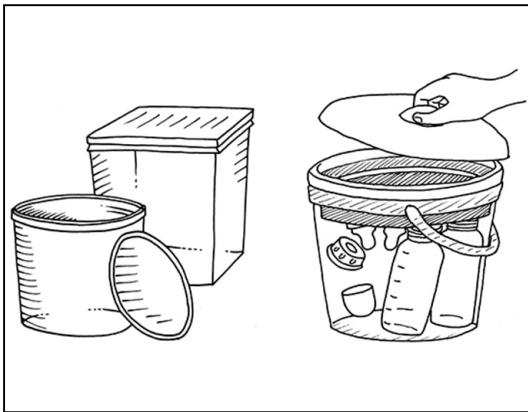


Microwave sterilisers, these work in the microwave.

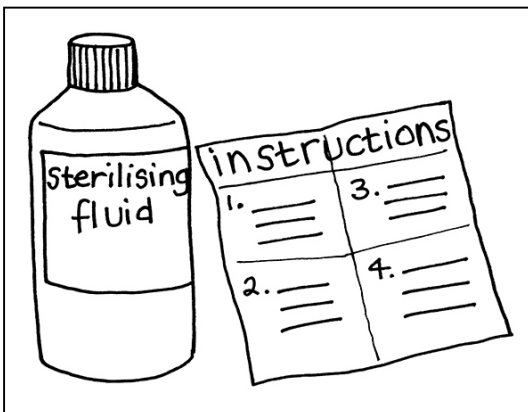
You must follow the manufacturer's instructions as they are all different.



Cold water using sterilising liquid or tablets.



You can buy a special plastic container.



Follow the instructions on the pack of tablets or liquid.



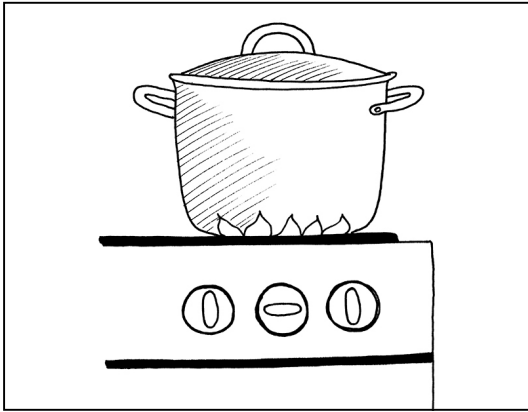
When you put things in the sterilising fluid, make sure there are no air bubbles and everything stays under the water.



Things should stay in the sterilising solution for at least 30 minutes.



You can keep bottles in the sterilising fluid for up to 24 hours until you need them.



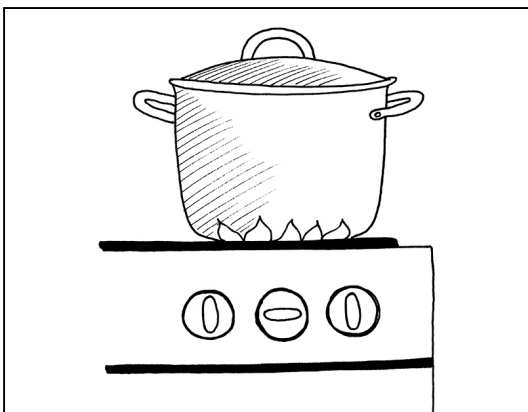
Boiling to sterilise



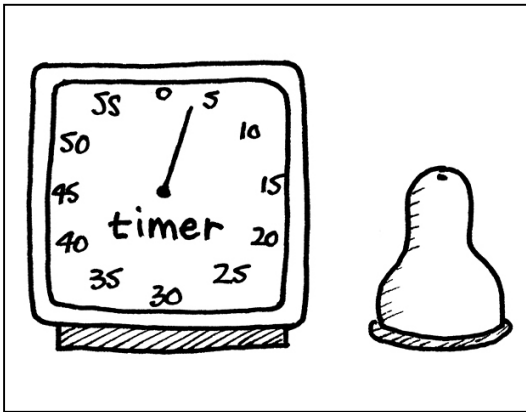
Wash bottles and teats and put them in a large pan of water with a lid.



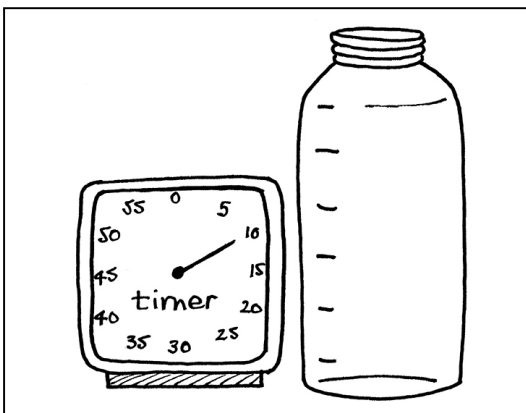
Make sure there are no air bubbles.



Bring the water to the boil.



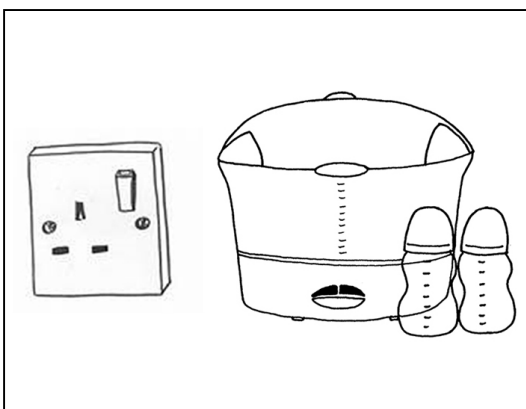
Boil teats for 3 minutes.



Boil bottles for 10 minutes.



Keep the pan for sterilising only.



Steam sterilisers, are electric and work quickly.

You must follow the manufacturer's instructions as they are all different.

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