

How to Sterilize Bottles and Utensils

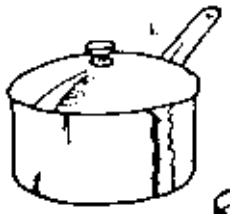
Before sterilizing bottles and utensils they must be thoroughly rinsed and washed in warm, soapy water:

- Wash hands thoroughly.
- Rinse bottles, teats and utensils in cold water, then wash.
- Wash bottles and teats inside and out with warm, soapy water using a bottle brush. Remember to go around the grooves in the neck of the bottle as milk often collects here. Rinse.

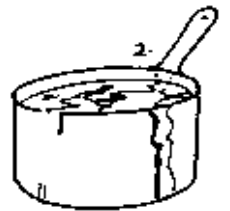
There are three methods of sterilization:-

- Boiling
- Sterilization using a chemical solution.
- Steam sterilising.

Boiling



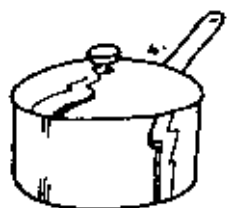
- Choose a saucepan with a lid large enough to hold all the goods.



- Place all articles in saucepan and add sufficient water to completely submerge all articles.



- Bring water to boil and boil for five minutes. Turn off – don't allow it to boil dry

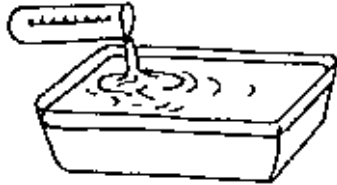


- Remove saucepan from heat and allow to cool. Remove items with clean hands, drain and store in a clean place.

Cold sterilization using a chemical solution

Cold sterilization is more practical if you have a lot of goods to sterilize.

All substances EXCEPT METALS can be sterilized using a chemical solution. Metal objects will have to be boiled.



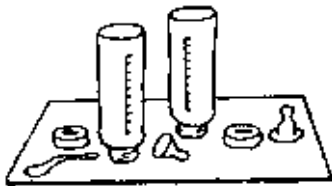
- Prepare the solution as per the directions on the product. It is available in tablet and liquid form (i.e. the correct amount of chemical solution added to the correct volume of water).



- Completely immerse all utensils, bottles and teats in the sterilizing solution, making sure there are no air bubbles in teats.



- Leave in solution for required length of time.



- Items should be removed with clean hands. Drain the items well on a clean surface.

Clean the unit and renew the solution every 24 hours.

Steam Sterilising

There are two types of steam sterilizers available, they are:

Microwave steamers and Electric steamers.

- Place items in the sterilizer, make sure any liquid will be able to drain from bottles, teats etc.
- Use sterilizer according to manufacturer's instructions
- Remove items with clean hands

Sterilizing unit needs to be cleaned regularly.