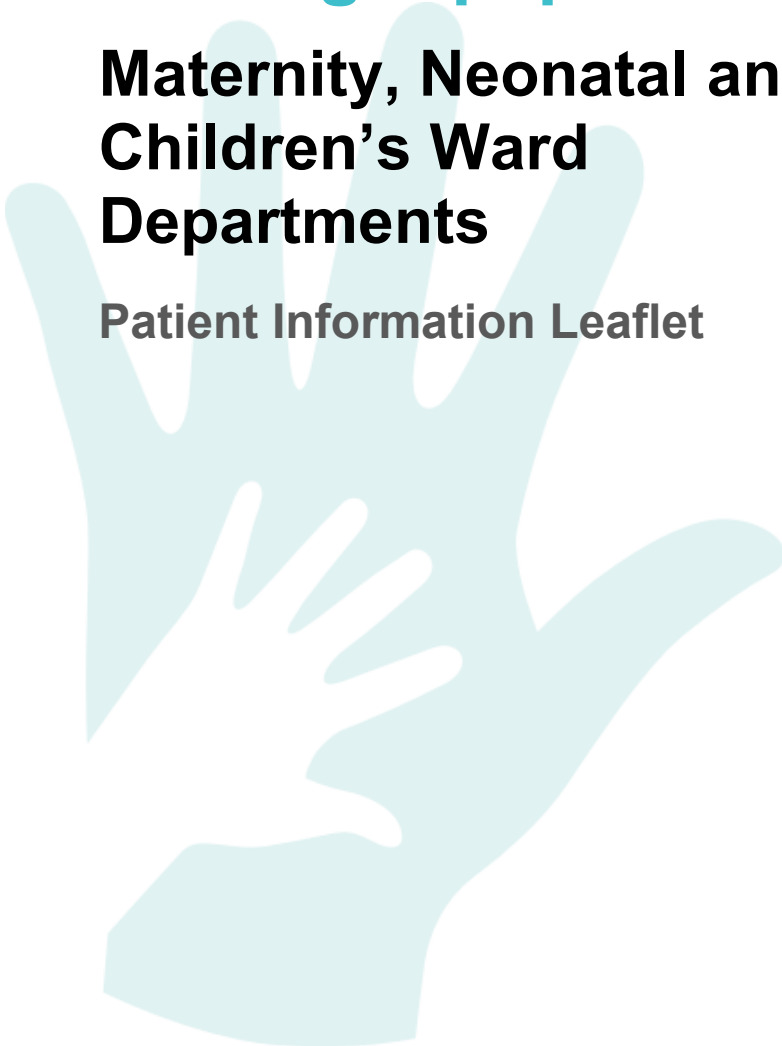


Steam sterilising feeding equipment

**Maternity, Neonatal and
Children's Ward
Departments**

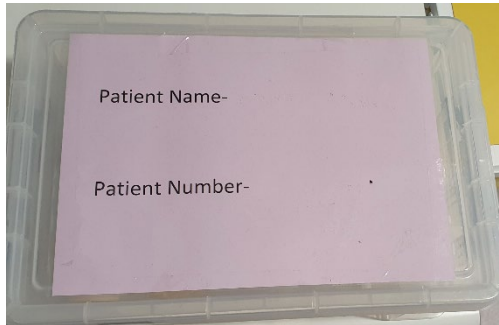
Patient Information Leaflet



Introduction

Microwave sterilising is the recommended way of sterilising infant feeding equipment in a hospital environment. Equipment includes hospital breast pump kits, baby's own bottles, teats and dummies.

Each baby will have a labelled plastic tub with a lid to store equipment ready to be sterilised.



In the box you will have a toothbrush to clean equipment, a sterilising bag and feeding equipment as required.



How do I prepare equipment to be sterilised?

- Use washing up liquid, hot water and the toothbrush provided to thoroughly clean the equipment in the washing up sink.
- All components should be taken apart and washed individually.
- Rinse with cold water.

NHS 2023



- Tick the numbered box on the bag with a pen. This keeps track of how many times the bag has been used. Bags can be used 20 times.



- Place the equipment into the sterilising bag.

- Measure 60ml of cold tap water using a bottle, add this to the bag and then seal the bag.

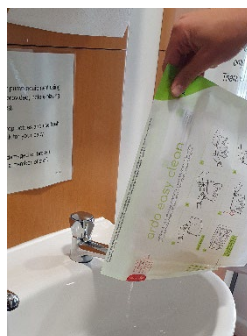


How do I sterilise the equipment?

- Place the bag into the microwave and put it on full power for three minutes.



- Allow to cool for two minutes before removing from the microwave. Please take care as it will be hot.
- Hold the green corner (safe grip) as this is the cool part of the bag and remove it from the microwave. Use a heat resistant glove if you wish.
- Empty excess water into the sink through the red steam vent, taking care as you do this.



- Wash and dry your hands before removing the equipment from the bag.
- Your equipment is now ready for use immediately.
- Always sterilise your equipment just before you are ready to use it.

References

Guidelines for the Preparation and Handling of Expressed and Donor Breast Milk and Specialist Feeds for Infants and Children in Neonatal and Paediatric Health Care Settings July 2019 - (bda.uk.com)

NHS Cleaning and sterilising equipment. How To Sterilise Equipment | Feeding Your Baby | Start for Life (<https://www.nhs.uk/start-for-life/baby/feeding-your-baby/bottle-feeding/how-to-make-up-a-feed/how-to-sterilise-equipment/>)

If you have any questions, or there is anything you do not understand about this leaflet, please contact:

Specialist midwife infant feeding on 01384 456111 ext 3887 (Monday to Friday, 9am to 5pm) or email dgft.spmwif@nhs.net

Neonatal Unit on 01384 456111 ext 3364

Childrens' Ward on 01384 456111 ext 2271

Russells Hall Hospital Switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/maternity/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm să sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔