

how to sterilise feeding equipment

The following instructions apply to all feeding equipment you use for your baby, whether you are using expressed breastmilk or **first infant formula**.

1. First, wash your hands well with soap and water.
2. Clean the work surfaces with hot, soapy water.
3. Check that the bottle and teat are not damaged, then clean the bottle and teat in hot, soapy water using a clean bottle brush – a dishwasher will clean the bottle feeding equipment but won't sterilise it.
4. Rinse all your equipment in clean, cold running water before sterilising.



1.



2.



3.



4.