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HOW TO STERILIZE THE CONTAINERS AND UTENSILS

Published on 10/99, Revised 04/06, 03/10
To be reviewed by Mar 2013

UPAM_K10_PE_006

To all mothers:

Human milk is the best food for babies. We encourage every mother to breastfeed her newborn baby. However, if formula milk is needed under certain circumstances, our hospital will provide a newborn formula which is on the hospital's supply rotation list.

We emphasize that although different brands of newborn formula claim, they have special advantages and their prices vary, they are similar from the medical point of view. Please prepare the feeds according to the instruction printed on the can.

HOW TO STERILIZE THE CONTAINERS AND UTENSILS

Cleaning

1. Wash hands thoroughly with soap and water.
2. Separate all parts of the containers and utensils and cleanse them with detergent. A brush can be helpful in cleansing the teat and inside of the bottle.
3. Rinse well.

Boiling

1. Immerse all parts in water completely, bring it to the boiling point and contain to boil for 10-15 minutes.
2. Remove the items without touching their inside surface. Shake to remove excess water. Long handled tongs that have been sterilized may be used.
3. Store in clean container or in refrigerator.

* Sterile milk bottle that is over 24 hours needs to be sterilized again.

Chemical, Microwave and Steam Sterilization

For the use of microwave, electrical sterilizer and make up of solution & procedures for chemical sterilization, please follow the supplier's instructions.

HOW TO PREPARE THE FEED

Prior to preparing the formula, it is important to read the instructions on the can. Moreover, it is essential to wash the hands always with soap and water before preparing the feed.

Procedures

1. Use sterilized bottles and utensils only.
2. Boil water, then cool. Pour the required amount into sterilized milk bottle.
3. Using the scoop provided, add the milk powder into the bottle. Level each scoop with the back of knife. Do not press down.
4. Put cap on bottle and shake well.
5. Place a sterilized teat on bottle. Test temperature of milk before feeding.

Remarks

1. Any milk left at the end of the feed should be discarded immediately.
2. You can prepare feeds needed for a whole day and keep them in refrigerator. Warm the milk before feeding.
3. Any unused milk should be discarded after 24 hours.
4. Do not use microwave oven to re-warm the feed.

Baby needs to be burped during and at the end of each feed.