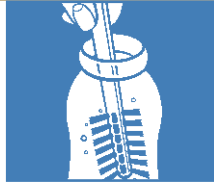


a simple guide to sterilising

Keeping your baby's feeding equipment (bottles, teats, caps etc) clean and sterile is vital to help prevent infection. By following these simple steps, you can help keep at bay the harmful bacteria that can cause upset tummies, sickness and diarrhoea.



1. First, throw away any left-over milk. Wash your hands thoroughly, and wipe work surfaces that you will be using.



2. Using bottle and teat brushes, carefully clean bottles and teats with hot soapy water, removing all traces of milk, and rinse thoroughly under a running tap.



3. Sterilise the feeding equipment in one of several ways. Boil for at least 5 minutes or cold water sterilise for at least 30 minutes. Either way, ensure that all equipment is fully covered with water, and that no air bubbles are trapped inside.

You can also use steam or microwave sterilising units, which take about 10 minutes.

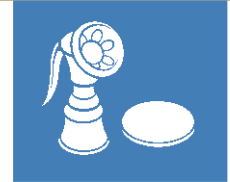


4. Remove feeding equipment only when needed – until then leave the steriliser closed. Wash your hands first, and use special tongs (which should also be sterilised) to pick up teats.

Allow hot sterilising systems to cool before removing bottles and teats. Rinse equipment from cold water sterilisers with cooled boiled water before use.



5. Any remaining bottles and teats should be re-sterilised before use. Unopened steam and microwave sterilisers, and boiled equipment will remain sterile for around 3 hours; cold water sterilisers for 24 hours.



6. Breast pumps, breast shells and nipple shields should also be sterilised after every use following the same simple steps.

Not all equipment is suitable for boiling, so check the instructions first.

Always follow the manufacturer's instructions when using sterilising units

how to prepare a bottlefeed

Failure to follow instructions may make your baby ill.
Remember, feeds should be prepared when required.



1. Wash and sterilise bottles and teats according to manufacturer's instructions.

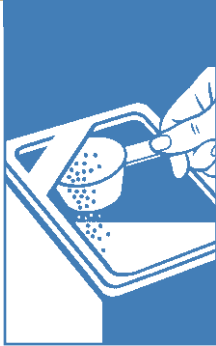
2. Wash your hands to prevent the spread of germs.

3. Wipe clean all surfaces.



4. Boil freshly run tap water, leave to cool for 30 minutes, unless indicated otherwise on the pack.

5. Measure the required amount of water (refer to feeding guide on packs) into a sterilised bottle. *Do not use repeatedly boiled water.*



6. Always use the scoop provided. Level off the powder with the built-in leveller, for accurate dosage, where provided. Alternatively, level with a clean, dry knife. *Do not press extra powder into the scoop.*



7. Add the correct measure of powder to the water. *Adding too many or too few scoops can be harmful.*

8. The feeding guide on the pack will give you an indication of the quantity of feeds your baby will require per day.



9. Screw cap on the bottle and shake well (for 10 seconds) to dissolve the powder in the water.

10. If necessary, cool feed under cold running water. Remove seal and replace with sterilised teat.

11. Test warmth of milk by allowing a few drops to fall on your wrist. If it feels



comfortable to you it will be just right for your baby. *Do not heat feeds in a microwave, hot spots may occur and cause scalding.*

12. Use made up feeds within one hour. Once fed, discard any leftover milk and wash bottles and teats. Sterilise ready for the next feed.

IMPORTANT NOTICE: Breastfeeding is best for babies and provides many benefits. Infant milks are intended to replace breastmilk when mothers do not breastfeed. It is recommended that infant milks be used only on the advice of an independent doctor, midwife, health visitor, public health nurse, dietitian or pharmacist. Breastfeeding is best begun immediately after birth and the decision not to breastfeed is difficult to reverse. Combined breast and bottlefeeding in the first weeks of life may reduce the supply of your own breastmilk. It is important that, in preparation for and during breastfeeding, you eat a healthy, balanced diet. If you use an infant milk, you should follow the manufacturer's instructions for use carefully. Improper use of an infant milk or inappropriate foods or feeding methods may present a health hazard. The social and financial implications of using an infant milk should be taken into consideration.