

In hospital

Immediately after using feeding or expressing equipment:

Dismantle completely. Make sure all the parts are separated. Rinse under cold running water

Wash in hot water and detergent and scrub with a bottlebrush

Rinse in clean water and shake dry

Rinse the bottlebrush

- On Ward 4 North and Ward 1 (paediatrics) the hospital supplies Milton Tablets (use 1 tablet in 2 litres of cold water), or in NICU, chlorine solution of 10,000 ppm and this is diluted: **Use disposable gloves.**

500mls water = 6.25mls chlorine (1%)

2000mls water = 25mls chlorine (1%)

The solution is changed every 24 hours by the health care assistant (HCA) on Ward 4 N or by the mother in NICU and this should be noted on the container.

- Containers should be labelled with your surname and have a tight fitting lid
- On Ward 4 N containers are kept in a designated area or in the mother's room
- The electric breast pumps are wiped over daily or more frequently if required with warm water and detergent by the HCA of the area. Detergent wipes should be used to clean the pump, tubing and stand
- Please ask for any further help from your midwife/ nurse.

A copy of the policy and references are available on request. Please ask your midwife/nurse.

At home

There are various ways of sterilising feeding equipment. Check the manufacturer's instructions.

- Wash hands first
- Dismantle breast pump completely. Rinse under cold running water.

Then sterilise using any of the methods below:

Cold water sterilising:

Sterilising tablets or other sterilising solutions may be used following the directions on the packet/bottle. Use any plastic container large enough to contain the equipment with something to keep it submerged plus a lid. Make sure there are no trapped air bubbles. Usually sterile after an hour, but read the instructions on the packet. The solution needs to be changed every 24 hours.

If you wish to rinse the equipment before use, use water that has boiled and has been allowed to cool. Make sure you always wash your hands before and after taking parts out of the sterilising solution. This method is not suitable for metal equipment.

Microwave, steam or electrical sterilisers:

Check the manufacturer's instructions. Watch for hot water when removing the equipment. (This method is not suitable for metal equipment).

Boiling the equipment in water for 5 minutes:

Ensure the equipment is completely covered with water.

Infant feeding equipment:

All feeding equipment for infants must be fully dismantled, washed then sterilised as above for the first 3 months.