

How To Sterilize Infant Feeding Items at Home

It is important to use sterile feeding items for infants younger than 4 months of age. Sterilize bottles, nipples and cups after each use. There are two ways you can sterilize your feeding items: in a special bag or container in your microwave or by boiling on the stove. You will need a pair of tongs to handle sterile feeding items when boiling on the stove.

Some bottles and nipples cannot be sterilized in boiling water. Always follow product directions.

Wash breast pumping equipment (breast shields and bottles) and nipple shields in hot soapy water after each use. For term babies, wash feeding items after each use and sterilize once per day. For preterm babies, wash and sterilize after each use until your baby reaches their due date.

TO WASH FEEDING ITEMS:

1. Wash your hands with soap and water
2. Wash all items in hot soapy water and then rinse

TO STERILIZE BY MICROWAVE:

1. Place feeding items in special microwave bag or microwave sterilizing container (sold in stores that sell breast pumps)
2. Set the microwave, and heat as per directions on the bag or sterilizer
3. Let cool, store items in bag or container until needed

TO STERILIZE BY BOILING:

1. Place feeding items in a large pot with tongs on top
2. Fill the pot with cold water, making sure the water covers all items
3. Cover the pot with a lid and bring water to a boil
4. Continue to boil for five minutes
5. Let cool
6. Wash your hands again, grasp the handle of the tongs, and remove feeding items with sterile tongs
7. Place on clean towel to dry

