

Preparing infant formula and sterile feeding equipment

What is infant formula?

Most infant formula is made from cow's milk that has been treated to make it suitable for babies. Infant formula is available in two forms:

- ready-to-feed liquid infant formula, sold in cartons, which is sterile; and
- powdered infant formula, which is not sterile.

Procedures

All feeding items must be thoroughly washed and rinsed before they are sterilised. Dishwashers will clean bottle feeding equipment but will not sterilise it. This is because temperatures reached in a dishwasher are not high enough for sterilisation, so you need to both clean and sterilise the bottles.

The following instructions apply to all feeding equipment. Remember to first wash your hands well with soap and water and clean the work surfaces with spray and hot water and white cloths.

Cold-water sterilising

- Cold-water sterilising solution must be changed every 24 hours.
- Feeding equipment should be left in the sterilising solution for at least 30 minutes. Make sure that there is no air trapped in the bottles or teats when putting them in the sterilising solution.
- Keep all the equipment under the solution with a floating cover.
- Wash hands thoroughly. Clean and disinfect the surface where you will put together the bottle and teat.
- It is best to remove the bottles just before they are used.
- If you are not using the bottles immediately, put them together fully with the teat and lid in place to prevent the inside of the sterilised bottle and the inside and outside of the teat from being contaminated.

Preparing a powdered formula feed

- Clean and disinfect the surface you are going to use. It's really important that you WASH YOUR HANDS.
- If you are using a cold-water steriliser, shake off any excess solution from the bottle and the teat, or rinse the bottle with cooled boiled water from the kettle not the tap
- Stand the bottle on a clean surface. Keep the teat and cap on the upturned lid of the steriliser. Avoid putting them on the work surface.
- 8. Place the bottle on the Tommi Tippy Prep and add the correct amount of water into the bottle.
- Double check that the water level is correct

- Loosely fill the scoop with formula according to the manufacturer's instructions – and level it off using either the flat edge of a clean, dry knife or the leveller provided. Different types of formula come with different scoops. Make sure that you use only the scoop that comes with the powdered infant formula that you are using. Making up a feed with too much powder can make a baby
- ill (for example they can become constipated) and may cause dehydration. Too little powder will not provide a baby with enough nourishment. By using the scoop provided you are adding the correct amount of powdered formula.
- Holding the edge of the teat, put it on the bottle. Then screw the retaining ring onto the bottle. Cover the teat with the cap and shake the bottle until the powder is dissolved.
- It is important to cool the formula so it is not too hot to drink. Do this by holding the bottom half of the bottle under cold running water. Move the bottle about under the tap to ensure even cooling. Make sure that the water does not touch the cap covering the teat.
- 13. Test the temperature of the infant formula on the inside of your wrist before giving it to your baby. It should be body temperature, which means it should feel warm or cool, but not hot. If there is any made-up infant formula left after a feed, throw it away.

Storing a feed

- A feed should be freshly made up when it is needed to reduce the risk of infection that can make a baby ill. If you have no choice and need to store a feed, it should always be stored at the back of the fridge and for no longer than 24 hours.
- Any infant formula left in the bottle after a feed should be thrown away. Infant formula that has not been used and has been kept at room temperature must be thrown away within two hours.
- Bacteria multiply very fast at room temperature. Even if a feed is kept in a fridge, bacteria can still survive and multiply, although they do this more slowly. The risk of infection increases over time so that is why it is important to make up the feed each time your baby needs it.

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