



## Formula Feeding (Pediatrics): Cleaning and Sterilization of Equipment

### Search date

10/01/2022

### Publication date

23/03/2022

### Equipment

- a bottle brush to clean bottles, teats and caps
- access to a clean sink and warm water
- commercial dishwashing liquid
- sterilizing equipment
- sterilized tongs

### Recommended Practice

#### NOTE:

All equipment used for feeding and preparation must be thoroughly cleaned and sterilized before use.

#### PROCEDURE:

1. Perform hand hygiene.
2. Cleaning of feeding and preparation equipment:
  - a. Wash all equipment (bottles, teats, caps etc.) in warm soapy water.
  - b. Use a clean bottle brush to clean the inside and outside of bottles and teats. Ensure to clean around the screw tops of the bottles.
  - c. All traces of remaining feed should be removed.
3. Rinse thoroughly in clean safe water.
  - a. Sterilization of feeding and preparation equipment
  - b. Perform hand hygiene.
  - c. If using a commercial sterilizer follow manufacturer's instructions
  - d. If using the boiling method:
    - i. Fill a large saucepan with water and completely submerge the feeding and preparation equipment.
    - ii. Cover the pan with a lid and bring to the boil for five minutes.
    - iii. Allow to cool.
4. Perform hand hygiene and remove equipment from the sterilizer or pan.
  - a. The use of sterilized forceps is recommended to remove the feeding preparation and equipment.
  - b. Ideally equipment should be removed just prior to use.
5. If equipment is not used immediately, fully assemble the bottles and store covered, in a clean place. If the equipment is not used within 24 hours the equipment should be cleaned and sterilized again.

## Supporting Evidence Summaries

- JBI-ES-2260-2-Formula Feeding (Pediatrics): Infant Formula Types

## Archived Publications

1. JBI-RP-4244-2 (Published at 13 September 2021)
2. JBI-RP-4244-1 (Published at 3 May 2021)

## Occupational Health and Safety Considerations



PATIENT EDUCATION  
REQUIRED



HAND WASHING  
REQUIRED AT ALL  
TIMES

Author(s) potential or perceived conflicts of interest are collected and managed in line with the International Committee of Medical Journal Editors (ICMJE) standards.

**How to cite:** JBI. Recommended Practice. Formula Feeding (Pediatrics): Cleaning and Sterilization of Equipment. The JBI EBP Database. 2022; JBI-RP-4244-3.

For details on the method for development see Munn Z, Lockwood C, Moola S. The development and use of evidence summaries for point of care information systems: A streamlined rapid review approach. *Worldviews Evid Based Nurs.* 2015;12(3):131-8.

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