

Decontamination at home

Steam decontamination (electric or microwave)

- There are different types of equipment available, so it is important that you read and follow the manufacturer's instructions for use

Cold water decontamination

- Follow the manufacturer's instructions on the tablets or fluid you buy.

Decontamination by boiling

- Make sure the equipment is safe to be decontaminated in this way by reading the product information leaflet.
- Hot pans and liquid should not be left unattended.
- Boil the equipment in water for a minimum of ten minutes. Make sure all the equipment stays under the water during this time.
- Wash hands thoroughly, clean and disinfect the surface where you will be assembling the equipment.
- Fully assemble the equipment and ensure if it is a bottle, that the teat is covered with the lid to prevent contamination.

More information

For further information on decontamination of baby feeding equipment and utensils is listed in the Department of Health publication 'Birth to Five', which is usually given to you by your Health Visitor.

More information on sterilising baby feeding equipment can be found on the following websites:

www.nhs.uk

www.unicef.org.uk

If you have any further questions then please ask the nurse caring for your baby.

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Decontamination of baby feeding equipment and utensils

Parent Information

The importance of decontaminating feeding utensils

Decontamination of feeding equipment and utensils is vital in protecting your baby against infection that can cause vomiting and diarrhoea. This is important whether you are breast feeding or bottle feeding your baby.

Methods of decontamination include:

- Microwave steam decontamination
- Electric steam decontamination.
- Cold water decontamination using sterilisation solution.
- Decontamination by boiling with water.

Equipment that requires decontamination:

- Breast pump attachments including storage bottles.
- Nipple shields.
- Feeding bottles, feeding cups and dummies.

It is important to ensure the equipment is thoroughly washed as soon as possible after use. Use hot, soapy water and use your own clean bottle brush, which we kindly ask that you provide along with a

storage box to keep it in. Pay special attention to any areas where milk can get trapped. These could include necks of bottles and teats as well as hard to reach places.

Decontamination in the neonatal unit

The neonatal unit uses microwave steam decontamination and we will provide you with re-usable microwave steam bags whilst you are here. Each can be used 20 times, it is important that a tick is placed in the 'mark after use' section.

1. Take apart the equipment and wash with hot, soapy water. Use your own clean bottle brush, paying attention to any areas where milk can get trapped. Rinse thoroughly and place equipment in dry storage if not using straight away.
2. To decontaminate accessories (breast pump sets, bottles, teats etc.), add 60mls (2 fl.oz) of water to microwave steam bag and add items to the bag.

3. Seal the microwave steam bag.
4. Place in the centre of the turntable and microwave on high power for:
1.5 minutes = 1100w+
3 minutes = 800-1100w
5 minutes = 500-750w
5. When finished, use the oven gloves provided to carefully remove the bag from the microwave holding it in the corner avoiding the steam vent as the steam escaping will be very hot. Before removing the contents, tilt the microwave steam bag over a sink allowing the excess hot water to drain through the steam vent/pour spout.

Breast pump tubing does not need sterilising as it does not come in contact with the milk. If the tubing does require cleaning or sterilising, place the tubing flat at the bottom of the bag and add 120mls (4fl.oz), and ensure all the tubing is covered with water. Once done, follow steps 3-5 above.

