

Safe preparation of formula



CLEANING

Rinse thoroughly
in safe water

Wash all equipment
in hot soapy water
using bottle and
teat brushes

Hand wash with
water & soap



TERILIZING THROUGH BOILING

Best to
remove just
before
using only
or
assemble
(keep
covered &
store in
clean
place).

Keep the
pan
covered
until
feeding
equipment
is needed

Bring to a
rolling boil
for
10-5min

submerge
all washed
feeding
equipment
(no air
trapped)
and cover
with a lid

Fill a
large pan
with
water

PREPARING A FEED

2

Bring to a rolling boil and leave the water to cool for no more than 30 minutes (temperature no less than 70°C).



1

Boil water to 100°C (Do not use tap water. Bottled water also need to be boiled).

4

Read carefully the instructions on the label and add the exact amount of formula to the water



3

Pour the appropriate amount of boiled water (avoid scalds) in a sterilized bottle (or cup).

6

Immediately cool the feed to feeding temperature (if no cool tap water, place the bottle in a container of cold water).



5

Shake or swirl gently until contents are mixed thoroughly

8

Check the temperature before feeding (if necessary, repeat cooling).

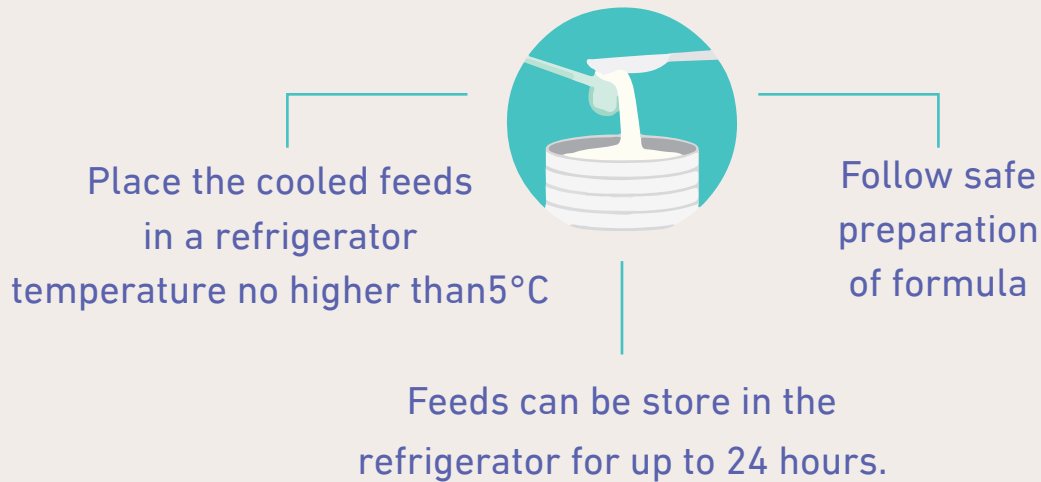


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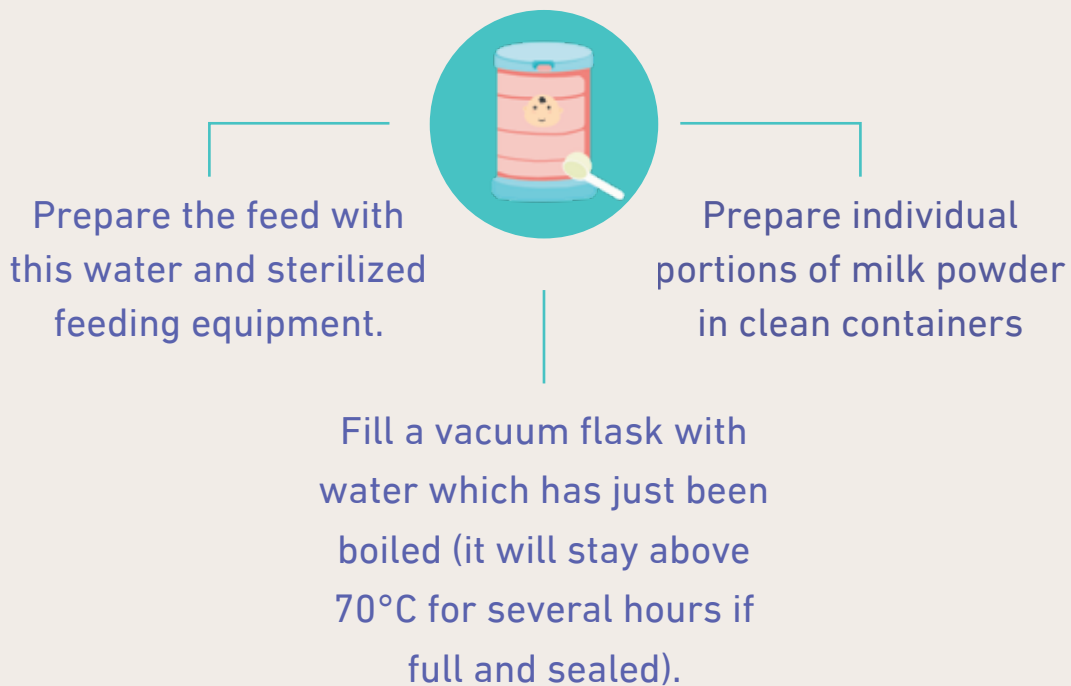
Dry the outside of the feeding bottle with a clean or disposable towel

DISCARD ANY FEED WHICH HAS NOT BEEN USED BY BABY WITHIN 2 HOURS.

Preparing Feeds in advance



Preparing feeds if 'going out for the day'



Transportation and Re-Warming



Feeds can then be stored in the refrigerator for up to 24 hours

Transport feeds in a cooler bag with ice packs, for a duration of 2 hours max

Cool the feeds in the refrigerator until immediately before transporting

Never use microwave ovens to re-warm a feed (risk of hot spots - scalding).

Re-warm for no more than 15 minutes (bowl of warm water or warmer) then shake

Remove the feed from the refrigerator just before it is needed