

Sheet

Powered Formula Preparation

- Always wash your hands before preparing formula and ensure that formula is prepared in a clean area
- Wash bottles, teats, caps and knives – careful attention to washing is essential – and sterilise by boiling for 5 minutes or using an approved sterilising agent
- Boil fresh water and allow it to cool until lukewarm – to cool to a safe temperature, allow the water to sit for at least 30 minutes. In places with clean water supply which meets Australian standards, hot water urns such as hydroboils are safe to use for formula reconstitution, provided the supply of very hot water has not been depleted. Allow water to cool
- Ideally prepare only one bottle of formula at a time, just before feeding
- Always read the instructions to check the correct amount of water and powder as shown on the feeding table on the back of the pack – this may vary between different formulas
- Add water to the bottle first, then powder
- Pour the correct amount of previously boiled (now cooled) water into a sterilised bottle
- Always measure the amount of powder using the scoop provided in the can, as scoop sizes vary between different formulas
- Fill the measuring scoop with formula powder and level off using the levelling device provided or the back of a sterilised knife – the scoop should be lightly tapped to remove any air bubbles



- Take care to add the correct number of scoops to the water in the bottle – do not add half scoops or more scoops than stated in the instructions
- Keep the scoop in the can when not in use – do not wash the scoop as this can introduce moisture into the tin if not dried adequately
- Place the teat and cap on the bottle and shake it until the powder dissolves
- Test the temperature of the milk with a few drops on the inside of your wrist – it should feel just warm, but cool is better than too hot
- Feed infant – any formula left at the end of the feed must be discarded
- A feed should take no longer than 1 hour – any formula that has been at room temperature for longer than 1 hour should be discarded
- Formula that has been at room temperature for less than 1 hour may be stored in a refrigerator for up to 24 hours (in a sterile container) – discard any refrigerated feed that has not been used within 24 hours
- When a container of formula is finished, throw away the scoop with the container, to ensure that the correct scoop is used next time



Preparing Feeds In Advance

- Ideally only one bottle of formula should be prepared at a time
- If formula needs to be prepared in advance (e.g. for a babysitter or to take to a child care centre) it must be refrigerated (at 5°C or below) and used within 24 hours
- Alternatively, prepared sterilised bottles of boiled water may be refrigerated and used as required, first warming by standing bottle in a container of warm water and then adding formula
- Refrigerated prepared formula should be warmed by standing the bottle in a container of warm water before feeding the infant
- Using a microwave to heat infant formula is not recommended as heating can occur unevenly and burn the infant's mouth

- If feasible, the use of 'ready to drink' infant formula can be considered in situations where sterilisation is not possible

Transporting Feeds

- Prepare the feed and put in the refrigerator
- Ensure feed is cold before transporting
- Do not remove feed from the refrigerator until immediately before transporting
- Transport feed in a cool bag with ice packs
- Use feeds transported in a cool bag within 2 hours, as cool bags do not always keep foods adequately chilled
- Re-warm at the destination (for no more than 15 minutes)
- If the destination is reached within 2 hours, feeds transported in a cool bag can be placed in a refrigerator and held for up to 24 hours from the time of preparation
- There are a number of special containers available designed to carry single serves of infant formula. It is also recommended to take one or more separate sterilised bottles of cooled boiled water at the correct volume, so the formula can be prepared at the destination. Alternatively, single-serve sachets of infant formula powder are available. Manufacturer's instructions should always be checked before use

Methods of Sterilisation of Baby Feeding Equipment

Boiling

- Wash bottles, teats and caps in hot soapy water with a bottle/ teat brush before sterilisation
- Place utensils, including bottles, teats and caps in a large saucepan on the back burner of the stove
- Cover utensils with water, making sure to eliminate all air bubbles from the bottle
- Bring water to the boil and boil for 5 minutes. Turn off – do not allow it to boil dry
- Allow the equipment to cool in the saucepan until it is hand hot and then remove it – be very careful if children are present
- Store equipment that is not being used straight away in a clean container in the fridge
- Boil all equipment within 24 hours of use



Sterilising Using Chemicals

- Follow the manufacturer's instructions carefully when making up the solution to ensure the correct dilution
- Discard the solution after 24 hours, thoroughly scrub the container and equipment in warm water with detergent and make up a new solution
- Make sure all equipment is made of plastic or glass; metal corrodes when left in chemical sterilant
- Completely submerge everything, making sure there are no air bubbles, and leave it in the solution for at least the recommended time
- Equipment can be left in the solution until it is needed



- Allow the equipment to drain; do not rinse off the sterilising liquid or there will be a risk of re-contamination
- Store the sterilising concentrate and solution well out of the reach of children

Steam Sterilisers

- Steam sterilisers are automatic units that raise the temperature quickly to the range that kills harmful bacteria
- Thoroughly cleaned equipment is placed inside the unit, water added according to the manufacturer's instructions, and the unit switched on (it switches itself off when sterilisation is complete)



Microwave Steam Sterilisers

- Sterilising units designed for use in a microwave oven are available
- The caveats that apply to chemical sterilisation also apply to microwave sterilisation



Reference

National Health and Medical Research Council (2012) *Infant Feeding Guidelines*. Canberra Medical Research Council. (Updated September 2015).