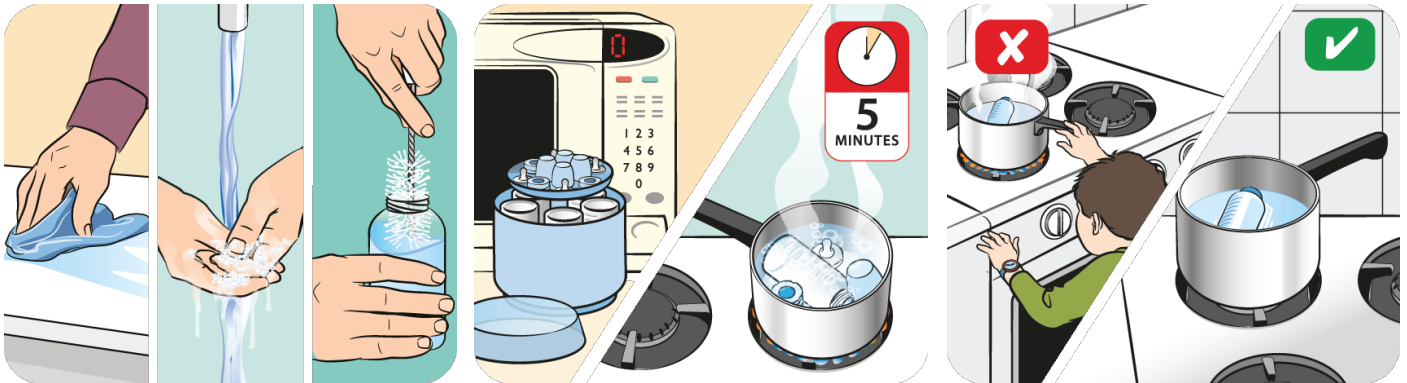


Infant formula preparation

Preparing bottles for infant formula



Clean equipment. Wipe down preparation area. [Wash hands](#) with soapy water. Use hot, soapy water to wash all equipment, including bottles, teats, discs, caps and rings. Use a bottle brush. Rinse thoroughly. Squirt water through holes in teats.

Sterilise equipment. Cover all equipment with water and bring to the boil. Boil for 5 minutes. Or use a microwave, steam or chemical steriliser following directions. Store empty sterilised bottles in a clean container in fridge.

Be safe. Keep children away from boiling water. To avoid scalds, let equipment cool in the pot until you can touch it. Use sterilised equipment within 24 hours.

Making up infant formula

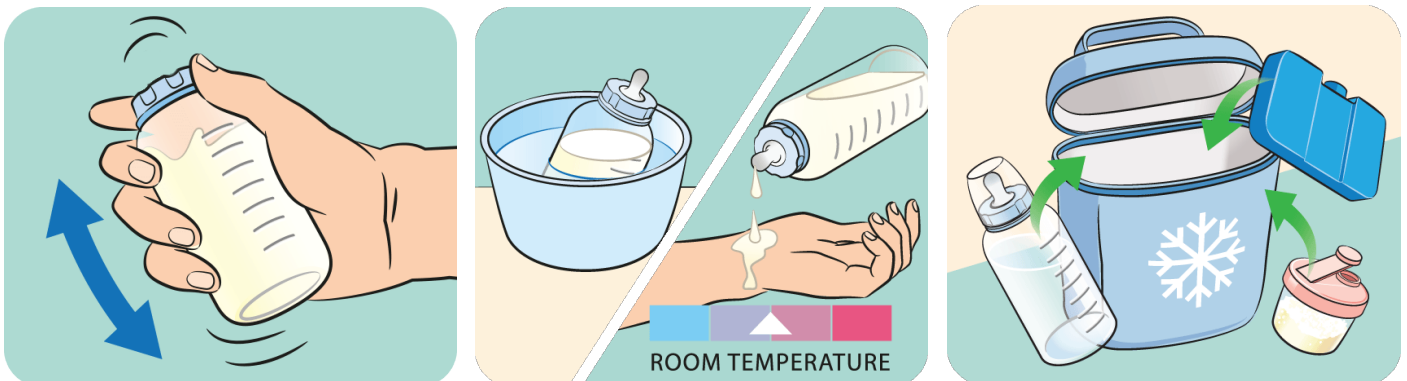


Boil fresh tap water. Cool for at least 30 minutes until lukewarm (body temperature). Prepare only one bottle at a time. If you need to, store sterilised, sealed bottles with cooled boiled water in fridge for up to 24 hours.

Check instructions on formula tin for how much water to use. Put this amount of cooled boiled water in a sterilised bottle.

Check instructions on tin for how many scoops of powder to use. Tap scoop, and level powder with a sterilised knife. Add powder to cooled, boiled water in bottle.

Getting the bottle ready for your baby



Put cap or disc on bottle. Shake bottle to mix powder and water. Use formula within one hour. Throw away any leftover formula.

To warm formula to room temperature, put bottle in a pot of warm water for no longer than 10 minutes. Shake bottle. Squeeze a drop of liquid onto your wrist to test temperature and make sure milk is flowing from teat. Cold formula is OK too.

When going out, put the bottle with right amount of cooled boiled water in an insulated bag with a cool pack. Pack measured amount of powder separately. Mix when your baby needs a feed.