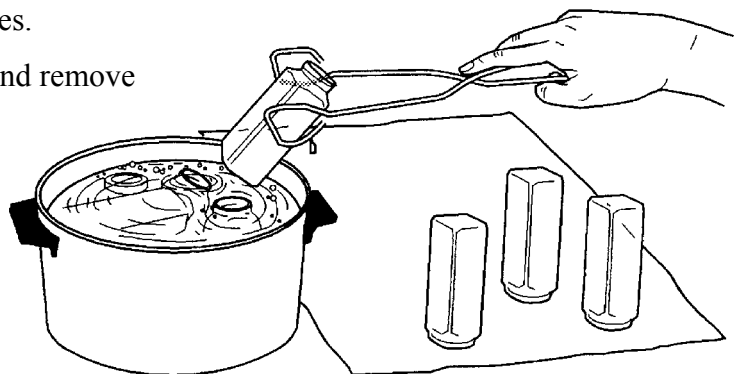


How To Sterilize Baby Bottles And Nipples

It is important to sterilize bottles, nipples, nipple caps, and rings for as long as your baby's doctor recommends. This will help protect your baby's health.

- To sterilize, you will need a large pan with a lid, tongs or 2 large spoons, and clean towels.
 1. Place the clean open bottles and accessories in the pan with enough water to cover completely. Be sure the bottles are full of water to prevent them from breaking.
 2. Cover with the lid and bring to a boil.
 3. Boil for 15 minutes.
 4. Remove them with the tongs or spoons. Let them air dry on a clean dish towel or drainer for about 1 hour before refilling with milk.
- You also can use your dishwasher for sterilization. The water temperature must reach 180 degrees to properly sterilize equipment. If you are not certain of the water temperature, make sure your hot water heater is set on 120 degrees or medium heat. Wash your bottles and nipples first before placing them in the dishwasher.
- Always wash and sterilize new bottles, caps, rings, and nipples.
- Rinse the bottles and nipples right after a feeding for easier cleaning later.
- Wash all items used for baby feeding in a clean dishpan with hot soapy water before washing your other dishes.
- Wash the bottles in hot soapy water and remove the milk scum with a bottle brush. Clean nipples with a small brush and squeeze hot soapy water through the nipple holes. Turn the nipples inside out, repeat the same procedure, and rinse well.



If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.