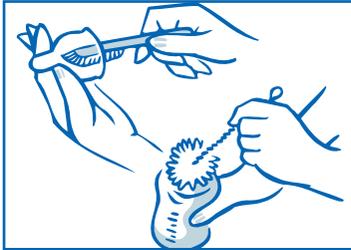


Steam sterilising

1



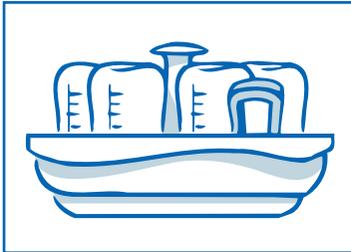
Wash your hands thoroughly and wash your feeding equipment in hot, soapy water. Scrub inside and outside of your bottles using a bottle brush. Scrub the teats with a teat brush and squirt water through them to help remove all traces of milk. Rinse all equipment thoroughly under the tap.

2



Add the required amount of water to your steriliser. (See manufacturer's instructions).

3



Load the steriliser with your equipment, including your teat tongs (making sure that no items are facing upwards/able to fill with water). Put the lid on the steriliser and either switch it on if you're using an electric steam steriliser or put it in your microwave on the required power and time setting. (See manufacturer's instructions).

4



When it has finished, the steriliser will usually turn itself off. Keep the lid on your steriliser and allow the contents to cool slightly before opening.

5



Always assemble your bottles using your sterilised teat tongs to avoid contaminating your sterile equipment. If not being used immediately, bottles should be fully assembled with teat and lid in place.

IMPORTANT NOTICE: The best way to feed a baby is to breastfeed, as breast milk provides the ideal balanced diet and protection against illness for your baby and also many non-nutritional benefits for both baby and mother. We recommend that you speak to your healthcare professional when deciding on your choice of feeding your baby. Professional guidance should also be sought on the preparation for and maintenance of breastfeeding. If you do choose to breastfeed, it's important to eat a healthy, balanced diet. Infant formula is intended to replace breast milk when mothers choose not to breastfeed or if for some reason they are unable to do so. A decision not to breastfeed, or to introduce partial bottle-feeding, will reduce the supply of breast milk. If for any reason you choose not to breastfeed, do remember that such a decision can be difficult to reverse. Using infant formula also has social and financial implications which must be considered. Infant formula should always be prepared, used and stored as instructed on the label, in order to avoid risks to a baby's health.