

A Guide for Clean Bottles

Having a baby often means bottles being part of the daily routine. Below is a step-by-step guide to help you properly clean and sanitize bottles:

Dishwasher Vs. Handwashing Baby Bottles

- 1 Wash your hands with soap and water for 20 seconds.
- 2 Separate all bottle parts (for example, bottles, nipples, caps, rings, valves).
- 3 Rinse bottle parts and any other feeding items under running water. The water can be warm or cold.



Dishwasher

- 4 Place bottle parts in the dishwasher. (Place small items inside a closed-top basket or mesh laundry bag so they don't end up in the dishwasher filter.) If possible, run the dishwasher using hot water and a heated drying cycle (or sanitizing setting).
- 5 Wash your hands with soap and water before removing and storing cleaned items. Do not use a dish towel to rub or pat items dry because doing so may transfer germs to the items.



Handwashing

- 4 Wash Baby Bottle
 - Place all items in a clean basin or container used only to clean infant feeding items. Do not wash directly in the sink because the sink may contain germs.
 - Fill wash basin with hot water and add soap.
 - Scrub items using a clean brush that is used only to clean infant feeding items.
 - Squeeze water through nipple holes to be sure they get clean.
- 5 Rinse items under running water, or by holding completely under fresh water in a separate basin that is used only for cleaning infant feeding items.
- 6 Place bottle parts in an area to protect from dirt and dust and allow to dry thoroughly. Do not use a dish towel to rub or pat items dry.

Sanitizing a Baby Bottle:

If your baby is less than 2 months old, was born prematurely, or has a weakened immune system, daily sanitizing is particularly important. Before sanitizing, make sure you have cleaned the baby bottle using one of the methods above. Sanitize all items by using one of the following options:

- **Boil:** Place disassembled feeding items into a pot and cover with water. Put the pot over heat and bring to a boil. Boil for 5 minutes. Remove items with clean tongs.
- **Bleach:**
 - Prepare a bleach solution of 2 teaspoons of unscented bleach per gallon (16 cups) of water in a clean wash basin.
 - Put all items completely underwater. Squeeze the solution through nipple holes.
 - Soak items in the solution for at least 2 minutes.
 - Remove with clean hands or tongs.
 - Do not rinse because germs could get back onto the sanitized items. Any remaining bleach will break down quickly as it dries and will not hurt your baby.
- **Steam:** Place disassembled items in a microwave or plug-in steam system and follow the manufacturer's instructions for sanitizing, cooling, and drying the items.

