



# Formula feeding

## Requirements for formula feeding

### What to bring to hospital

- One tin of formula – ensure it states on the tin 'suitable from birth' and it is within its expiry date

### At home

- Your choice of formula as required
- A supply of bottles and teats
- One bottle cleaning brush
- One plastic knife
- Dishwashing detergent

## Cleaning and sterilising bottles and equipment

It is very important that all equipment used for feeding babies and for preparing feeds has been thoroughly cleaned and sterilised before use.

### How to clean equipment

1. Hands should always be washed thoroughly with soap and water.
2. Wash feeding and preparation equipment (eg: cups, bottles, teats and spoons) thoroughly in hot soapy water. Where feeding bottles are used, brushes should be used to scrub inside and outside of bottles and teats to ensure that all remaining feed is removed.
3. Force a little hot soapy water through the feeding hole of the teat to make sure it is not blocked
4. After washing, rinse thoroughly in clean, hot water to remove any detergent.
5. If using a commercial home steriliser (eg: electric or microwave steam steriliser, or chemical steriliser), follow the manufacturer's instructions.

6. Feeding and preparation equipment can also be sterilised by boiling:
  - a. Fill a large pot with water and completely submerge all washed feeding and preparation equipment, ensuring there are no trapped air bubbles.
  - b. Cover the pot with a lid and bring to a rolling boil. Boil for five minutes, ensuring the pot does not boil dry.
  - c. Allow equipment to cool in pot before removing it
  - d. Store equipment in clean container in fridge.
7. Hands should be washed thoroughly with soap and water before removing feeding and preparation equipment from a steriliser or pot. The use of sterilised kitchen tongs for handling equipment is recommended.
8. To prevent recontamination, it is best to remove feeding and preparation equipment just before it is to be used. If equipment is removed from the steriliser and not used immediately, it should be covered and stored in a clean place. Feeding bottles can be fully assembled to prevent the inside of the sterilised bottle and the inside and outside of the teat from becoming contaminated.

## Guidelines for preparing your baby's formula

Follow the instructions on the tin regarding the amount of formula your baby will require per feed/per day.

These are minimum requirements but you should feed your baby according to their need, ie: demand feed them.

1. Clean the surface on which the feed will be prepared.
2. Wash hands with soap and water and dry using a clean cloth.

3. Boil a sufficient amount of water. If using an automatic kettle, wait until the kettle switches off; otherwise make sure that the water comes to a rolling boil.

NB. Bottled water is not sterile and must be boiled before use.

4. Pour the appropriate amount of water into a sterilised bottle. To achieve the appropriate temperature, the water should be left for at least 30 minutes after boiling until water is lukewarm.
5. Add the exact amount of formula to the water as per the manufacturer's instructions on the tin.
6. Shake or swirl gently until the contents are mixed thoroughly.
7. Check the milk temperature before feeding. You can test the temperature by putting a few drops of formula on the inside of your wrist. If necessary, continue cooling by holding the bottle under running tap water or placing the bottle in a container of cold water. Ensure that the level of cooling water is below the bottle's lid.
8. Discard any feed that has not been consumed **within one hour**.

## Feeding

- You can make feeding relaxing and enjoyable for both of you. It is a time for closeness and cuddling.
- Make yourself comfortable and hold baby close in a semi-upright position.
- Never leave baby alone with a bottle propped in his/her mouth.

## Storing feeds

- It is important to prepare only one bottle at a time just before a feed.
- If a feed does need to be made in advance it must be refrigerated as soon as prepared.
- Store the bottles towards the back where the temperature remains constant – do not store in the door of the fridge.
- Freshly made bottles of formula can only be stored in the refrigerator for 24 hours.
- Formula must be used within 24 hours; if not, it should be discarded.

## Points to remember

- After refrigeration, formula can be warmed to room temperature by standing the bottle in hot water. Prior to feeding your baby, test the milk temperature by adding a few drops to your wrist.
- **Do not** heat formula in a microwave.
- **Do not** add extra milk powder to the bottle.
- **Always** discard any left over formula after a feed.

## Transporting feeds

- Some formulas are available in single-serve pre-made sachet packs.
- Never carry baby's bottle warm as germs grow in warm, sweet food such as formula.

The information provided is for information purposes only. If you are a patient using this publication, you should seek assistance from a healthcare professional when interpreting these materials and applying them to your individual circumstances.



## Women and Newborn Health Service

### Osborne Park Hospital

Osborne Place, Stirling WA 6021

📞 (08) 6457 8000

🌐 [oph.health.wa.gov.au](http://oph.health.wa.gov.au)

### King Edward Memorial Hospital

📍 374 Bagot Road, Subiaco WA 6008

📞 (08) 6458 2222

🌐 [kemh.health.wa.gov.au](http://kemh.health.wa.gov.au)



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