

# BOTTLE PREPARATION PROCEDURE



## Procedure

1. Wash hands as per the hand washing procedure.
2. Retrieve bottle/pouch and check the label.
  - a. If it is breast milk, two educators must check it is for the correct child and that the milk is no more than 3 months old if frozen and no more than 48 hours old if fresh.
3. Carefully place bottle of previously boiled water, breast milk or pouch of breast milk into the Tommie Tippee Pouch & Bottle Warmer easy lift cradle, leaving the lid on to maintain hygiene.
  - Place the cradle into the unit and add 250mls of water.
  - Press the power button to turn on the unit. The LED will flash and beep once to show the unit is on standby mode.
  - Select the bottle type, press until the LED is adjacent to your requirement.
  - Select starting temperature- press until the LED is adjacent to the correct temperature of feed.
  - Select feed size – press until the LED is adjacent to the amount of feed to be warmed.
  - Press the power button, the unit will beep once to show the cycle has started, when the cycle finishes the unit will beep three times and LEDs will keep flashing while the feed is still warm.
  - Remove the feed after the cycle is complete, taking care to not touch the water inside the unit as it will have heated during the cycle.
  - Empty unit and dry with a cloth.
4. If heating boiled water for formula, add the pre-measured powder and shake well to ensure it is mixed. If heating breast milk, carefully and slowly invert the bottle/pouch at least 10 times to remove any hot spots.
5. After removing bottle/pouch from hot water, let it sit for 1-2 minutes. Pour pouch into sterilised bottle.
6. Drop a little milk on the back of your hand/inside of your wrist or use a food probe thermometer to check the temperature. Do not touch the teat.
7. The temperature of the milk should feel just warm (about body temperature, or a maximum of 37 degrees Celsius).
8. If the liquid is too hot, run the bottle under cold water until it reaches the appropriate temperature and retest the liquid before feeding the child.
  - If a food probe thermometer is used, it must be sterilised after each use.

## Clean up

- Do not refreeze or reheat breast milk or formula
- After use, all bottles and teats should be rinsed in cold water and sent home to be washed and sterilised.

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