Preparing Bottles and Warming Milk Procedure

- Thoroughly wash hands or wear gloves when preparing bottles
- Prepare formula as per the instructions on the formula container. Once formula is made it must be used or kept in the refrigerator
- DO NOT use a microwave for heating bottles, just for heating milk
- Pour desired amount of milk into the jug
- Heat the milk in the microwave
- Stir the milk
- Pour the milk into bottles
- Test the temperature of bottle contents by placing a few drops on the inside of the wrist before feeding the child- it should feel comfortably warm or even bit cool
- Discard any warm milk that has not been used

Warming Breast Milk Procedure

If thawing frozen breast milk:

Thoroughly wash hands or wear gloves when preparing bottles:

- Use the oldest milk first
- Frozen breast milk can be thawed in the refrigerator and used within 24 hours
- By standing the bottle in a container of lukewarm water and used straight away
- Never microwave breast milk
- Stand the bottle in a container of hot water for no more than 15 minutes
- Before feeding the child, check the temperature of milk by placing a few drops on the inside of the wrist- it should feel comfortably warm or even bit cool
- Never refreeze thawed breast milk
- Discard any warmed milk that has not been used

(Reference: Staying Healthy 5th Edition)
Reviewed: 28/08/2014