

Steam Sterilising of Equipment for Expressing / Storage of Breastmilk in NICU

Guideline Responsibilities and Authorisation

Department Responsible for Guideline	Neonatal Intensive Care Unit
Document Facilitator Name	Robyn Hills
Document Facilitator Title	CNS Lactation Consultant
Document Owner Name	Diane Taylor
Document Owner Title	CNM
Target Audience	Nurses
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Guideline Review History

Version	Updated by	Date Updated	Summary of Changes
1	Robyn Hills		New Guideline

Steam Sterilising of Equipment for Expressing / Storage of Breastmilk in NICU

1 Overview

1.1 Purpose

- To ensure the safe and effective cleaning and disinfection of all equipment used for expressing and storage of Breastmilk in NICU.
- To ensure the safe and effective cleaning and disinfection of all equipment used for bottle feeding infants in NICU.

1.2 Staff group

Te Whatu Ora Waikato staff working in NICU.

1.3 Patient / client group

Babies in NICU.

1.4 Definitions and acronyms

EBM	Expressed Breastmilk
NHI	National Health Index
NICU	Newborn Intensive Care Unit

2 Clinical management

2.1 Competency required

- Registered Nurses who have completed orientation in NICU.
- Enrolled Nurses who have completed orientation and are working under the direction and delegation of a registered nurse.

2.2 Equipment

- Bottle brush
- Detergent
- Microwave Steam sterilising bags
- Microwave
- Ziplock bag or container with a lid

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2.3 Guideline

- A baby using a bottle to feed in the NICU will be issued with a steam sterilising bag. This bag will be used up to 20 times, and will be recorded in the tick boxes on the side of the bag. Each bag will also have the name of the baby and (National Health Index) NHI recorded on the bag in pen. The bag will be wiped dry with a clean paper towel after use and kept at the bedside.
- Every mother issued with a breast pump will be given a steam sterilising bag initially and given instructions on how to use the bag. Further bags will be available from NICU
- A bottle brush will be issued to each individual baby or mother.

Cleaning process immediately after use:

- Disassemble all items to be disinfected
- Thoroughly rinse all parts with cold water
- Then clean with warm soapy water using the bottle brush to avoid the drying up of milk residues and to prevent growth of bacteria
- Rinse with cold water.
- Follow the directions on the bag for disinfection
- When completed, remove the hot water from the bag by pouring it out the spout then carefully open the bag. Take care when handling the bag as the water and steam will be hot.
- Remove all parts from the bag,
- Place any parts not immediately used into a clean ziplock bag or a clean container with a lid.
- If nipple shield is being used this should be steam sterilised with the expressing equipment and kept in a clean ziplock bag or a clean container with a lid.
- If a baby is using a pacifier continue to clean and sterilise in a Milton solution at the bedside in a container with a lid.

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3 Evidence base

3.1 Bibliography / References

- Decontamination of breast pump milk collection kits and related items at home and in hospital: guidance from a Joint Working Group of the Healthcare Infection Society & Infection Prevention Society.
E Price, G Weaver, P Hoffman, M Jones, J Gilks, V O'Brien and G Ridgway (Chairman). *Journal of Infection Prevention* 2016, Vol. 17(2) 53–62
- Expressed Breast Milk Contamination in Neonatal Intensive Care Unit.
Suzan Gad, Mohamed M Sheta, Abeer I Al-khalafawi, Heba A Abu El-Fadl, Maha Anany, Shaimaa Sahnoud, Mona Kareem Amin. *Paediatric Health, Medicine and Therapeutics* 2021:12 307–313

3.2 Associated Te Whatu Ora Waikato Documents

- [Ukaipo-Breastfeeding](#) (Ref 0132)
- [Labelling, handling, storage, transport and administration of human milk in Newborn Intensive Care Unit](#) (Ref.2771)

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