**Cleaning Infant Feeding Items**

Infant feeding items include bottles and the nipples, rings, and caps that go with them.  Certain bottles also may include valves or membranes. Some infants may be fed with a syringe, medicine cup, spoon, or supplemental nursing system.



**Clean Infant Feeding Items in the Dishwasher (if Dishwasher-Safe)**

1. Take apart. Separate all bottle parts (for example, bottles, nipples, caps, rings, valves).
2. Rinse. Rinse bottle parts and any other feeding items by holding them under running water. The water can be warm or cold, whatever you prefer.
3. Wash. Place bottle parts and other feeding items in the dishwasher. (Be sure to place small items into 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); this can help kill more germs.
4. Remove from dishwasher. Wash your hands with soap and water before removing and storing cleaned items.
	1. If items are not completely dry, place them on a clean, unused dish towel or paper towel to air-dry thoroughly before storing in an area free of dust or dirt. Do not use a dish towel to rub or pat items dry because doing so may transfer germs to the items.



**Clean Infant Feeding Items by Hand**

1. Wash hands well with soap and water for 20 seconds.
2. Take apart. Separate all bottle parts (for example, bottles, nipples, caps, rings, valves).
3. Rinse. Rinse bottle parts and any other feeding items by holding them under running water. Do not set them in the sink. The water can be warm or cold, whatever you prefer.
4. Wash feeding items.
	1. Place all items in a clean basin or container used only to clean infant feeding items. Do not wash directly in the sink because it may contain germs that could contaminate these items.
	2. Fill wash basin with hot water and add soap.
	3. Scrub items using a clean brush that is used only to clean infant feeding items.
	4. Squeeze water through nipple holes to be sure they get clean.
5. Rinse again. Rinse by holding 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. Allow to air-dry.  Place bottle parts, wash basin, and bottle brush on a clean, unused dish towel or paper towel in an area protected from dirt and dust. Allow to air dry thoroughly.
	1. Do not use a dish towel to rub or pat items dry because doing so may transfer germs to the items.
7. Clean wash basin and bottle brush. Rinse the wash basins and brush well and allow them to air-dry after each use. Wash them every few days, either in a dishwasher with hot water and a heated drying cycle (if they are dishwasher-safe), or by hand with soap and warm water. If your baby is less than 3 months old, was born prematurely, or has a weakened immune system due to illness (such as HIV) or medical treatment (such as chemotherapy for cancer), wash basin and bottle brush after every use.

For more information on cleaning infant feeding items, go to the Centers for Disease Control and Prevention website: <https://www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding/cleansanitize.htm>