

Use of Microwave Steam Sterilising Bags

Key Points

- To provide a framework to ensure that all staff and mothers follow the correct procedure for using the Microwave Steam Sterilising Bags.
- To act as an aid to practice and standardise the cleaning and sterilising of equipment used for bottle feeding following manufacturer's guidance and trust policy.
- **Key words:** Sterilising, Steri-sac, Microwave

Initial safety points

- Hands should be washed thoroughly with soap and water before and after any procedure ^[3].
- Only microwaveable bottles and breast milk expressing kits parts can be microwaved ^[1, 2, 4].
- Clean all parts immediately after use to avoid dry milk residue adherence and to prevent growth of bacteria.
- Disassemble and thoroughly wash all parts in warm, dish soapy water (hospec). Rinse in clear running water
- Store dry in the box provided.
- Steri-Sacs will last for 20 sterilising cycles then must be replaced. Bags must be discarded earlier if damaged.
- Sterility of bottles can be maintained for 3 hours but for shared facilities it is recommended that items are sterilised just before use ^[1, 2]. Sterilising of breast milk expressing kits must be done at least once a day.

One Bag will hold one bottle or two expressing kits parts. Add 60mls of tap water to bag.

Seal Steri-Sac at top to keep items secure.



Place Steri-Sac in Microwave and close door.

Set timer for 3 minutes on power level 800. Heating for more than the recommended time may disfigure plastic parts.

If your microwave does not have a turntable, rotate bag halfway through.

When ready, remove Steri-Sac, hold sealed bag at top (marked 'HOLD HERE').

Caution: the bag will be hot (risk of hot water or steam escaping) – wait for a few seconds then drain off the excess water (a dribble) via pour spout. Shake bag to ensure water residue is drained before opening the bag.

Leave bag to stand for 2 minutes before removing parts to allow to cool down.



References

- 1 Sterilus Ltds: www.sterilus.com
- 2 Medela, Inc. Quick Clean™ Micro-Steam™ Bag Instructions for Use
- 3 Frimley Health – Infection Control Manual
- 4 Microwaves in the laboratory: effective decontamination. Boarder BG, Rice Spearman L, Clin Lab Sci 1999 May- June 12(3) 156-60. MeSH Pub Med

Version	Date	Guideline Lead(s)	Status	Comment
1	Feb 2015	Geraldine Banfield, Sister, Neonatal Unit (FPH)	Final	Ratified at FPH Neonatal Clinical Governance, 2 Feb 2015
2	May 2024	Geraldine Banfield	Final	Approved at FHFT Paediatrics Clinical Governance, 19 June 2024 Next review due by 01/06/2027.