

Name of Child: \_\_\_\_\_ Date: \_\_\_\_\_

# How to Make Sterile Water and Sterile Saline

## How to Make Sterile Water

1. Put water that is filtered in a clean pan.  
Filtered water has run through a carbon filter or a reverse osmosis machine with a 0.2 micron filter.  
Some bottled water is filtered. Read the label.
2. Bring the water to a gentle boil. Put a lid on the pan.
3. Boil the water for 5 minutes.
4. Use the water right away after it has cooled down, or put it in sterilized containers.  
Do not use ice to cool down the water.

## How to Sterilize a Container

1. Choose a container that can be sterilized.  
(You cannot use aluminum cans or paper cartons. They fall apart or melt.)
2. Put the container in a pan of boiling water for 10 minutes.  
or  
Clean the container in a dishwasher on the full cycle (not a short wash).

## How to Make Sterile Saline

### To make 8 ounces of sterile saline

Mix 8 ounces of sterile water and  
1/2 level teaspoon of non iodized salt

### To make 16 ounces of sterile saline

Mix 16 ounces of sterile water and  
1 level teaspoon of non iodized salt

Put the mixture in a sterile container, write the date on a label, and put the sterile saline in the refrigerator.

After 3 days throw out the sterile saline, sterilize the container again, and make more sterile saline.

Keep germs out of the sterile water and sterile saline.

Do not dip anything (even a syringe) into the container.

Instead, pour some into a clean paper cup and put the syringe into the saline in the cup.

### Now that you've read this:

- Tell your nurse or doctor how you would make sterile water.
- Tell your nurse or doctor how you would sterilize a container.
- Tell your nurse or doctor how you would make sterile saline.
- Tell your nurse or doctor how you would store sterile saline.
- Tell your nurse or doctor how you would keep germs out of the sterile water or saline.



If you have any questions or concerns,  
 call your child's doctor or  call \_\_\_\_\_

If you want to know more about child health and illness,  
visit our library at The Emily Center at Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016  
602-933-1400  
866-933-6459  
[www.phoenixchildrens.org](http://www.phoenixchildrens.org)  
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The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Friday, March 14, 2014 • DRAFT to family review  
#861 • Written by Penny Overgaard, RN

# How to Make Sterile Water and Saline

Name of Health Care Provider: \_\_\_\_\_

Date returned: \_\_\_\_\_  db

## Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read?  Yes  No

easy to read?  Yes  No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read?  Yes  No

Why or why not?

Would you do anything differently after reading  
this handout?  Yes  No

If yes, what?

After reading this handout, do you have any  
questions about the subject?  Yes  No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

The Emily Center  
Health Education Specialist  
Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016-7710

602-933-1395

**Thank you for helping us!**