How to Sterilize Equipment

Equipment is sterilized to kill germs to prevent infections. The equipment may look clean, but only sterilization can kill the germs.

You can sterilize most glass jars or cups. Metal cups, basins, spoons, scissors and tweezers are other items you may need to sterilize. Follow the steps below to sterilize the equipment you need.

Supplies

- Pan with lid
- Mild soap
- Timer or clock
- Items to be sterilized

Steps to follow:

1. Wash your hands well with warm water and soap. Rinse with warm water and dry.
2. Get your equipment that needs to be sterilized. Wash the items in mild soap and water. Rinse well with water.
3. Place the equipment into the pan. Cover the items with water. Be sure that glass jars or cups are filled with water and placed upright in the pan to prevent breakage.
4. Put the lid on the pan. Bring the water to a boil and boil for 15 more minutes. Be sure to keep the lid on the pan. You may want to set a timer or check the clock to be sure of the time.
5. Remove the pan from the heat. Keep the lid on the pan while the equipment cools to room temperature.
6. Drain the water.
7. Remove the equipment from the pan. Be careful not to touch parts of the items that must be kept sterile. Do not touch the top or inside of jars, cups or basins. Hold onto the handles to pick up items like cups, spoons, scissors and tweezers.
8. If you are not ready to use the equipment, leave it in the pan with the lid on after you drain the water.

If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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