

WEST ESSEX's Quick reference guide to appropriate prescribing of specialist infant formula

How much powdered infant formula should I prescribe monthly?	Under 6 months	6 to 12 months	12 months to 2 years*
Please note: Only prescribe 1 or 2 tins initially until compliance/ tolerance is established to avoid waste	13 x 400g, 12 x 450g or 6 x 900g tins	7-13 x 400g/450g or 3-6 900g tins	7 x 400g, 6 x 450g or 3 x 900g tins

COW'S MILK PROTEIN ALLERGY (CMPA)- Breastfeeding is best for CMPA, wherever possible

Mild/ moderate symptoms: Formula fed infants: prescribe extensively hydrolysed formula (eHF) **Similac Alimentum (birth to 2 years)**. Breast fed infants: advise mother to follow [cow's milk protein free diet](#) and refer to dietitian for individual assessment of calcium/ vitamin D requirements. If 'top up' formula feeds required, prescribe eHF **Similac Alimentum**

Severe symptoms or infant fails to respond to eHF: Prescribe Amino Acid Formula (AAF) **Nutramigen Puramino (birth-2 years)** and **immediate referral to paediatrician**. Note: Only 10% of infants presenting with CMPA require AAF.

DO: Review the need for prescribing if answer is YES to any of the following: Can the patient tolerate cow's milk or products containing cow's milk such as cheese, yogurt, butter, cakes? Is the patient over 2 years of age? Has the formula been prescribed for more than a year? Is the quantity prescribed inappropriate for age?

***Note:** There will be exceptions to this guide, children with multiple or severe allergies may require prescriptions beyond 2 years. These children should be under the care of a paediatrician/ paediatric dietitian.

DO NOT: Prescribe eHF or AAF to an infant 2 years or older unless under review and justified by a dietitian/ specialist
Prescribe soya, lactose free or goat's milk formula to infants with CMPA.

GASTRO- OESOPHAGEAL REFLUX DISEASE (GORD)- no need to prescribe

DO: Recommend parents to **purchase over the counter anti reflux formulas or thickener**.

Pre thickened formula's (Cow and Gate anti reflux or Aptamil anti reflux) require a large hole (fast flow) teat.

Thickening formula's (SMA stay down or Enfamil) thicken on reaction with stomach acid therefore advise not to use with separate thickeners or antacids. **Thickener:** Cow and Gate instant **Carobel can be purchased** to add to regular formula.

SECONDARY LACTOSE INTOLERANCE- no need to prescribe

DO: Recommend parents to **purchase low lactose/ lactose free formula** such as SMA LF or Enfamil-O-Lac with lipil. Children over the age of 1 year can consume low lactose products from supermarkets. Secondary lactose intolerance is temporary and should resolve after 8 weeks of treatment on a low lactose diet.

FALTERING GROWTH: SMA high energy/ Infatrini/ similac high energy (birth to 18months)

DO: Prescribe an equivalent volume of high energy formula to the child's usual intake unless recommended otherwise.
Refer any infant with faltering growth to secondary care without delay.

PRE- TERM FORMULA: SMA Gold Prem 2/ Nutiprem 2 powder (birth to 6months)

DO: Continue prescribing according to secondary care recommendations and ensure regular review of infant's weight.

DO NOT: Initiate in primary care, continue over six months corrected age or prescribe liquid formula unless clinically indicated by secondary care i.e. immunocompromised infant.

PLEASE REFER TO FULL GUIDELINE 'WEST ESSEX'S APPROPRIATE PRESCRIBING OF SPECIALIST INFANT FORMULA', SEPT'19

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