

Prescribing Specialist Infant Formulae: Quick Reference Guide*

*Refer to PACE Bulletin Vol 11 No 3 for further information

	Under 6 months old	6-12 months old	Over 12 months old
Maximum monthly prescribing quantities of infant formula	13 x 400g tins OR 12 x 450g tins OR 6 x 900g tins	7 to 13 x 400g/450g tins OR 3 to 6 x 900g tins	Review the need for infant formula 7 x 400g tins OR 6 x 450g tins OR 3 x 900g tins

Condition	Symptoms	Formulary Choices	Do not prescribe	Refer when	Other advice
Cow's milk protein allergy (CMPA)	<p>Differ if the allergy is IgE-mediated or non-IgE mediated and can include:</p> <p>GI symptoms e.g. diarrhoea, bloody stools, nausea and vomiting, abdominal distention and/or colicky pain, constipation, GORD</p> <p>Skin symptoms e.g. pruritus, erythema, urticarial, atopic dermatitis, acute angioedema</p> <p>Faltering Growth;</p> <p>Less commonly Respiratory symptoms e.g. current wheeze or cough, nasal itching, sneezing, rhinorrhoea or congestion</p> <p>Anaphylaxis,</p>	<p>Similac Alimentum (1st line)</p> <p>Other options depending on presenting symptoms and age of child at onset</p> <ul style="list-style-type: none"> Althera® Aptamil Pepti® 1 or 2 Nutramigen Lipil® <p>Review the need for prescribing and refer for dietetic review if the answer is 'yes' to any of the following questions:</p> <ul style="list-style-type: none"> Can the patient tolerate any milk containing foods? Is the patient over 18 months old? Has the formula been prescribed for longer than one year? Is the quantity prescribed more than the recommended amount? 	<p>Do not prescribe or suggest purchase of Soya or lactose-free formulae. These are not suitable for babies with CMPA</p>	<p>Refer to paediatric dietitians on suspicion</p> <p>Anaphylaxis Or Severe faltering growth should be referred to secondary care, including Dietitians, without delay</p>	<p>Breastfeeding mothers may require a milk-free diet and calcium supplementation. Refer to paediatric dietitians for advice</p> <p>Refer all babies with suspected/confirmed CMPA to paediatric dietitians before weaning and refer to latest correspondence before issuing prescriptions.</p> <p>Amino acid formulae (AAF) should normally only be started by dietitians or in secondary or specialist care</p>
Colic	<p>All products to treat colic are available to buy from supermarkets and other retailers and should not be prescribed</p> <ul style="list-style-type: none"> Aptamil Comfort® Formula SMA Comfort® Infant Milk 				

Faltering Growth	Can only be detected using a growth chart. Diagnosis is usually made when an infant crosses 2 centiles downwards on a growth chart, weight is 2 centiles below length centile or falls below the 0.4 th centile.	Refer to paediatric dietitians for urgent assessment and advice without delay.			
Gastro-oesophageal reflux disease (GORD)	GORD presents with a history of effortless vomiting after feeding (up to two hours), usually in the first six months of life. Over-feeding should be ruled out by establishing the volume and frequency of feeds	Give reassurance and advice on positioning post-feed Recommend over the counter (OTC) anti-reflux formula from community pharmacy or supermarkets: <ul style="list-style-type: none"> • Cow and Gate® or Aptamil® anti-reflux • Anfamil AR® • SMA Stay Down® Infant Gaviscon can be given up to a maximum of six times per day		Refer infants with severe faltering growth to secondary care without delay	GORD can be a symptom of CMPA especially if accompanied by faltering growth or other symptoms. (See overleaf)
Lactose Intolerance	Primary Lactase deficiency usually occurs after two years of age and may not fully manifest until adulthood. Resolution of symptoms within 48 hours of reduction of lactose in the diet confirms diagnosis. Secondary lactose intolerance usually occurs following an infectious GI illness (but can occur alongside new or undiagnosed Coeliac Disease) Symptoms include: Abdominal bloating and discomfort, explosive wind and watery stools.	Recommend over the counter (OTC) lactose free formula from community pharmacy or supermarkets for infants under 12 months old <ul style="list-style-type: none"> • Enfamil-O-Lac with Lipil® • SMA LF® For older children , recommend lactose free cow's milk and yoghurt available in supermarkets	Do not recommend Lactose free formulations for longer than eight weeks without review.	Congenital lactase deficiency requires specialist management	Symptoms of secondary lactose intolerance usually resolve within eight weeks, but can take up to three months
Pre-term formulae	These infants will have had their pre-term formula commenced on discharge from the neonatal unit and will be under regular review by the paediatricians	SMA Gold Prem 2® powder or Nutriprem 2® powder (Started in secondary care)	Do not prescribe liquid formula		

Contact details for ULHT Paediatric Dietitians: Lincoln County Hospital, Telephone: (01522) 597765 or 573418