

Prescribing Guidelines for Specialist Infant Formula Feeds Summary

All conditions	Under 6 months	6-12 months	Over 12 months
Amount of formula to prescribe for 28 days	13x 400g, 12 x 450g or 6 x 900g	7-13 x 400g/450g or 3-6 x 900g	7 x 400g, 6 x 450g or 3 x 900g

Discuss any red flag symptoms with the on call paediatrician:
 Blood stained vomit or stools, melaena, abdominal distension or bile stained vomit or weight loss

COWS MILK PROTEIN ALLERGY (CMPA)	<ul style="list-style-type: none"> Symptoms: skin symptoms, e.g. pruritis, erythema, urticaria, atopic dermatitis, acute angioedema. GI symptoms, e.g. diarrhoea, bloody stools, nausea and vomiting, abdominal distention and/or colicky pain, constipation, GORD, respiratory symptoms, e.g. current wheeze or cough, nasal itching, sneezing, rhinorrhea or congestion, anaphylaxis or faltering growth. Breast milk is the best choice for most infants with CMPA. Mother to be on a milk free diet. 	
	First line formula choices	Aptamil Pepti 1® & Aptamil Pepti 2® Nutramigen with 1 LGG® & Nutramigen with 2 LGG®
	DO NOT PRESCRIBE	Soya based formula (Wysoy®) Lactose free formula (SMA LF®, Enfamil-o-Lac®)
	Second line products e.g. amino acid formula	Should only be started after referral to specialist eg paediatrician, dietician or ANP
<ul style="list-style-type: none"> Review the need for continued prescribing if the answer is yes to any of the following questions: Can the patient tolerate any dairy foods? Is the patient over two years of age? Has the formula been prescribed for more than one year? Is the quantity prescribed more than the recommended amount? 		

GASTRO-OESOPHAGEAL REFLUX DISEASE (GORD)	<ul style="list-style-type: none"> 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. Infant Gaviscon can be given up to a maximum of six times per day. 	
	DO NOT PRESCRIBE	Cow& Gate® Anti-reflux, Aptamil® Anti-reflux SMA Staydown® Enfamil AR®

INFANT COLIC	<ul style="list-style-type: none"> Symptoms: crying in bouts for no reason, refusing feeds and rumbling tummy, pulling up knees. Reassure and provide leaflet via EMIS or patient https://patient.info/health/baby-colic-leaflet 	
	DO NOT PRESCRIBE	Colief, Infacol; 'Comfort' milks eg Aptamil Comfort, Cow and Gate Comfort, SMA Comfort
LACTOSE INTOLERANCE	<ul style="list-style-type: none"> Primary lactase deficiency usually occurs after 2 years of age. Secondary lactose intolerance usually occurs after gastrointestinal illness. Symptoms: abdominal bloating, increased (explosive) wind, loose green stools. Resolution of symptoms within 48 hours of withdrawal of lactose from diet confirms diagnosis. 	
	DO NOT PRESCRIBE	Lactose free formula (SMA LF [®] , Enfamil-o-Lac [®]) - should be purchased
FALTERING GROWTH	<ul style="list-style-type: none"> Faltering growth cannot be detected without using a growth chart. Diagnosis is made when the growth of an infant falls below the 0.4th centile or crosses 2 centiles downwards on a growth chart or weight is 2 centiles below length centile. 	
	Preferred formula choices	Similac High Energy [®] SMA High Energy [®]
PRE-TERM FORMULA	These infants will have had their pre-term formula commenced on discharge from the neonatal unit and will be undergoing regular review by the paediatricians.	
	Started in secondary care	SMA Gold Prem 2 [®] Nutriprem 2 [®]
	DO NOT PRESCRIBE	Liquid formula unless clinically indicated by secondary care e.g immunocompromised infant

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