

QUICK GUIDE TO PRESCRIBING SPECIALIST INFANT FORMULAE

ALL CONDITIONS – How much powdered infant formula should I prescribe monthly?

Under 6 months – 13 x 400g tins or 6 x 900g tins 6 -12 months – 7-13 x 400g tins or 3-6 900g tins
Over 12 months - 7 x 400g tins or 3 x 900g tins

COW'S MILK PROTEIN ALLERGY (CMPA)

Symptoms include: *Skin symptoms* eg. pruritis, erythema, urticaria, atopic dermatitis, acute angioedema.

GI symptoms eg. diarrhoea, bloody stools, nausea and vomiting, abdominal distention and or colicky pain, constipation and GORD.

Respiratory symptoms eg. cough/wheeze, nasal itching, sneezing, rhinorrhea or congestion. Also anaphylaxis and faltering growth.

<http://cowsmilkallergyguidelines.co.uk/interactive-algorithm/#div3>

Refer infants with anaphylaxis or faltering growth to secondary care without delay

DO NOT PRESCRIBE SOYA FORMULA

FIRST LINE FORMULA: Similac Alimentum[®] 1 (birth -2 years)

Breastfeeding mothers will require a milk free diet and over the counter calcium and vitamin D supplementation if following a milk free diet.

Refer to paediatric community dietitians before weaning and refer to latest correspondence before issuing prescriptions.

REVIEW THE NEED FOR PRESCRIBING IF ANSWER IS YES TO ANY OF THE FOLLOWING QUESTIONS:

Can the patient tolerate any of the following: cow's milk, cheese? Is the patient over 2 years of age? Has the formula been prescribed for more than one year? Is the quantity prescribed age appropriate?

GASTRO- OESOPHAGEAL REFLUX DISEASE (GORD) - NO NEED TO PRESCRIBE

GORD presents with a history of effortless vomiting after feeding, usually in the first 6 months of life.

Over feeding should be ruled out by establishing the volume and frequency of feeds. Give advice on positioning.

See full guideline for details of recommended sequence of use of medication.

THICKENED FORMULAE TO PURCHASE FROM SUPERMARKETS

- | | |
|---------------------------------------|------------|
| ▪ Aptamil [®] Anti-Reflux | From birth |
| ▪ Cow & Gate [®] Anti-Reflux | From birth |

THICKENING FORMULA TO PURCHASE FROM SUPERMARKETS OR PHARMACIES

- | | |
|-----------------------------|---|
| ▪ SMA Staydown [®] | From birth (available in supermarket) |
| ▪ Enfamil AR [®] | From birth (available to order from pharmacy) |

THICKENER TO PURCHASE FROM PHARMACIES FOR ADDITION TO REGULAR FORMULA

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|---|---|
| ▪ Instant Carobel [®] (Cow and Gate) | From birth (available to order from pharmacy) |
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PRE-TERM FORMULAE

These formulae are usually commenced in secondary and are not suitable for infants over 6 months corrected age. All infants on pre-term formula should have their growth monitored regularly to avoid excessive weight gain.

USUALLY STARTED IN SECONDARY CARE: SMA Gold Pro Prem 2[®] powder or Nutriprem 2[®] powder

DO NOT PRESCRIBE LIQUID FORMULA UNLESS CLINICALLY JUSTIFIED BY SECONDARY CARE

SECONDARY LACTOSE INTOLERANCE - NO NEED TO PRESCRIBE

Usually occurs following an infectious GI illness (but can occur alongside new or undiagnosed coeliac disease).

Symptoms include: abdominal bloating, increased explosive wind and loose green stools. Symptoms generally resolve in 4-8 weeks. Children aged 1 year and over can use Lactofree[®] milk from the supermarket.

LOW LACTOSE/LACTOSE FREE FORMULA TO PURCHASE FROM SUPERMARKETS

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|-------------------------------------|---------------------------|
| ▪ Aptamil [®] Lactose Free | From birth – lactose free |
| ▪ Cow & Gate [®] Comfort | From birth – low lactose |

FALTERING GROWTH

Faltering growth cannot be detected without using a growth chart. Diagnosis is made when an infant falls below the 0.4th centile or crosses 2 centiles downwards on a growth chart or is 2 centiles below length centile.

Refer to secondary care without delay

FIRST LINE FORMULA: Similac[®] High Energy 200ml bottle

Refer to the full guideline 'Appropriate Prescribing of Specialist Infant Formulae' Jan 2017 for more details and 2nd line choices

Review date January 2018