

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 ALLERGY (CMA) SystmOne users please see protocol for CMA management

Complete the CoMiSS score – score <12 CMA unlikely, Score 12 or > CMA likely.

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

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

Refer infants with red flag symptoms to secondary care without delay:

- Hives, lip/tongue swelling within 2 hours
- Above symptoms +/- wheeze, cough, voice change increased heart rate, colour change within 2 hours
- Blood in stool
- Faltering growth in spite of adequate feeding
- Persistent diarrhea/vomiting

DO NOT PRESCRIBE SOYA FORMULA

FIRST LINE FORMULA: Similac Alimentum® 1 (birth until over the counter products tolerated)

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

SMA® Anti-reflux

Cow & Gate® Anti-Reflux

HIPP® Anti-reflux

THICKENING FORMULA TO PURCHASE FROM SUPERMARKETS OR PHARMACIES

Enfamil AR®

available to order from pharmacy

THICKENER TO PURCHASE FROM PHARMACIES FOR ADDITION TO REGULAR FORMULA

Instant Carobel® (Cow and Gate)

available to order from pharmacy

PRE-TERM FORMULAE

These formulae are usually commenced in secondary and are not needed for infants over 3 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 Prem 2® powder or Nutriprem 2® powder

If SMA Gold Prem 2® is prescribed please also prescribe 1ml daily Sytron® syrup.

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

Aptamil® Lactose Free

SMA® Lactose Free

FALTERING GROWTH

Diagnosis is made when infants in the early days of life lose more than 10% of birth weight. After the early days when there is a fall of 1 or more weight centile spaces if birthweight was below the 9th centile, 2 or more weight centile spaces if birth weight was between the 9th and 91st centiles or 3 or more weight centile spaces if birthweight was above the 91st centile.

Refer to secondary care without delay

FIRST LINE FORMULA: SMA® High Energy 200ml bottle

Refer to the full guideline 'Appropriate Prescribing of Specialist Infant Formulae' Jan 2019 for more details and 2nd line choices