

Policy statement on Prescribing of Infant Milks (and including Formulary Milks)

Breastfeeding should be strongly encouraged as providing the safest, most nutritionally adequate form of feeding for most infants. A change from breast milk to formula milk should not be initiated if the mother is happy to continue breast feeding. Consider supplementing breast feeding with formula milks if necessary.

Mid-Essex Clinical Commissioning Group only commissions primary care prescribing of infant formula milks on a restricted basis in accordance with the following policy.

Where breast feeding is not in place, parents should purchase appropriate infant formula milks. For those qualifying for 'Healthy Start' support (<http://www.healthystart.nhs.uk/healthy-start-vouchers/do-i-qualify/>), vouchers may be spent on infant formula milk that is based on cows' milk and says on the packaging that it can be used from birth. This therefore includes lactose-free milks which are derived from cow's milk.

Prescribing of all infant feeds in children must meet ACBS criteria and will only be supported until the infant is 1 year of age, unless a shorter or longer period is indicated within this policy or there are special clinical circumstances which necessitate on-going consultations with a specialist paediatrician or paediatric dietitian.

If NHS prescribing of infant milks is appropriate, a sufficient quantity to support all the nutritional needs of the child must be prescribed; it is not appropriate to expect parents to purchase some. If special formula milks are required after 1 year of age, parents are then expected to purchase these milks. ***Please note that Neocate Active® and Neocate Advance® are not indicated in children under 1 year of age and therefore prescribing is not supported. Neocate Active® and Neocate Advance® are to be discontinued April 2018, replaced with Neocate Junior®. Prescribing of Neocate Junior® will remain not supported.***

The volumes of feed to prescribe for infants

For powdered formula:

Age of Child	Initial quantity	Number of tins for 28 days
Under 6 months	2 X 400g tins or 1 X 800g tin	13 X 400g tins or 6 X 900g tins
6-12 months		7-13 X 400g tins or 3-6 900g tins

****These amounts are a guide only and some children may require less or more in rare circumstances ****

These amounts are based on:

- Infants under 6 months being exclusively formula fed and drinking 150ml/kg/day of a normal concentration formula
- Infants 6-12 months requiring less formula as solid food intake increases.

Colour key used on following pages:

	Use 1 st line		Use 2 nd line only if 1 st treatment unsuccessful		Secondary/Tertiary care initiation only		Purchase only
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COW'S MILK PROTEIN ALLERGY (CMPA)

Cows' Milk Protein Allergy (CMPA) - Extensively hydrolysed formula for infants with a suspected cows' milk protein allergy (CMPA) will be used first line. E.g. Similac alimentum®. **Prescription of CMPA-hydrolysed formula milks may be initiated by GPs but must not be continued without a referral and confirmation of diagnosis from a paediatrician or paediatric gastro-enterologist or dietician.** Prescriptions will initially be for a 2 week trial period (for tolerance); however it may take 4-6 weeks for symptoms to resolve. Infants who do not tolerate one formula may tolerate another. Therefore it is worth prescribing only 1 or 2 tins initially and if not tolerated or taken after perseverance, try another comparable formula.

Soya formula (SMA Wysoy®) should not be used at all for those under 6 months due to high phyto-oestrogen content and the risk that infants with CMPA may also develop allergy to soya. It is more likely that children will tolerate soya formula from 1 year. If soya formula is used, parents should be advised to purchase this over the counter as it is a similar cost to cow's milk formula and readily available. Alpro® Soya Growing Up Drink may be suitable from 1 year. The paediatric dietitian will advise on this and on other alternative milks which may be suitable.

Amino Acid formula should only be prescribed when hydrolysed formulas do not resolve symptoms or when there is evidence of severe/multiple allergy. **These are highly specialised products and CMPA-Amino Acid formula milks e.g. Neocate® LCP, Nutramigen® AA must only be initiated by secondary/tertiary care second line. GPs should only accept continued prescribing of these products after benefit has been demonstrated and in line with an agreed treatment plan.**

Extensively hydrolysed Infant Formula-Use in Cows' Milk Protein Allergy (CMPA)

The taste of hydrolysed formulae is unpleasant and it has a bitter smell therefore compliance can be improved by using a bottle, closed cup or a straw. Younger infants take hydrolysed formulas more readily than older infants. Introduction of a new formula to babies **who do not have a severe reaction** is best done by mixing it with their current formula and gradually changing over. For breast fed babies whose mothers wish to change, this may be achieved by mixing with expressed breast milk, given by someone other than the mother until the infant is used to it. Infants who refuse Similac Alimentum® (first line choice) may tolerate Aptamil-Pepti®, however infants who have a systemic reaction to Similac alimentum® or Aptamil-Pepti® are unlikely to tolerate alternative extensively hydrolysed formula and will need an Amino Acid formula. It is therefore worth prescribing only 1 or 2 tins initially to ensure acceptance of the product. Continue formula until child has grown out of allergy or they are 2 years old. Do not advise sheep or goats milk due to cross reactivity. Beyond 2 years calcium enriched soya milk can be used as an alternative source of milk.

COW'S MILK PROTEIN ALLERGY (CMPA) continued

Local policy supports prescribing of such milks on the NHS until the child is one year old, following which if this is still needed, the milk should be purchased. Continue formula until infant has grown out of allergy or they are 2 years old.

First Line Extensively Hydrolysed Formula

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| <ul style="list-style-type: none"> • Similac Alimentum® (Abbot Nutrition) | Birth to 1 year. Lactose free. Casein based |
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*Prescribing this EHF will give a cost saving of **up to £250** in the first year of a child's life compared with other EHF listed below*

Other Extensively Hydrolysed Formula (In order of most to least cost effective)

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| <ul style="list-style-type: none"> • Pepti® 1 (Milupa Aptamil) | Birth to 6 months. Whey based |
| <ul style="list-style-type: none"> • Pepti® 2 (Milupa Aptamil) | 6 months to 2 year. Whey based |
| <ul style="list-style-type: none"> • SMA Althera® (Nestle) | Birth to 2 year. Whey based |
| <ul style="list-style-type: none"> • Nutramigen® 1 with LGG® (Mead Johnson) | Birth to 6 months. Contain probiotics, Lactose free. Casein based |
| <ul style="list-style-type: none"> • Nutramigen® 2 with LGG® (Mead Johnson) | 6 months to 2 year. Contain probiotics, Lactose free. Casein based |
| <ul style="list-style-type: none"> • Pepti-Junior® (Cow and Gate) | Birth to 2 year. |

Aptamil Pepti contains lactose, so will not be tolerated by all infants with CMPA, some infants may have a degree of lactose intolerance particularly if gut symptoms are present. Infants may accept this when Similac alimentum® has been refused.

These children should be reviewed every 6 months as paediatric allergy will often resolve. They will require secondary/tertiary care input to establish this. Refer to NICE guidelines (2011) for which children should be challenged with cows' milk in secondary care setting.

Amino Acid Formula – Specialist initiation – (In order of most to least cost effective)

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| <ul style="list-style-type: none"> • Nutramigen® Puramino® (Mead Johnson) | Birth to 1 year |
| <ul style="list-style-type: none"> • Neocate LCP (Nutricia) | Birth to 1 year |
| <ul style="list-style-type: none"> • Neocate® Junior unflavoured, Vanilla and strawberry flavour (Nutricia) | Over 1 year |

Faltering Growth

Faltering growth-prescribing of high energy formula milks is indicated when the weight of an infant falls below the bottom centile (0.4th) or crosses 2 centiles downwards on a growth chart. It is important to rule out possible disease-related/medical and social causes for the faltering growth. High energy formula milks must only be initiated in secondary care after assessment by a paediatrician to rule out medical causes. Before referral to secondary care ensure parents/carers are offered food first advice on suitable high calorie foods if the infant is weaned.

All infants on a high energy formula must have growth (weight and length/height) monitoring to ensure catch up growth and appropriate discontinuation of formula to minimize excessive weight gain. Stop high energy formula at 18 months of age or if patient over 8kg. Such children should be under the joint care of paediatrician and Paediatric dietician.

Faltering growth formula – Specialist initiation – (In order of most to least cost effective)

• Infatrini® (Nutricia) – 200ml bottle	Birth to 18 months/8Kg
• Similac® High energy (Abbott Nutrition) – 200ml bottle	Birth to 18 months/8Kg
• SMA® High energy (SMA nutrition) – 250ml bottle	Birth to 18 months/8Kg

For otherwise healthy term infants who are born with birth weight <math><10^{\text{th}}</math> centile (small for gestational age), current evidence suggests that it is not beneficial to promote catch up growth in these infants, as it may increase later risk of obesity and metabolic.

Manufacturers' instructions regarding safe storage once opened and expiry of ready to drink formulae should be adhered to – this may differ from manufacturer to manufacturer.

The paediatric dietician will advise on appropriate monthly amounts of formula required which may exceed the guideline amounts for other infants. These formulae are not suitable as a sole source of nutrition for infants over 8kg or 18 months of age.

Pre-term Infants

Pre-term infants will have had their formula commenced in hospital. It is started for babies born before 34 weeks gestation, weighing less than 2 Kg at birth who are not breast fed, and is continued until the child reaches their 6 months corrected age (EDD + 26 weeks). At this age children should then be moved onto standard infant formula. **These formulae should not be used in primary care to promote weight gain in patients other than babies born prematurely.**

Monitoring of growth (weight, length and head circumference) should be carried out by the Health Visitor while the baby is on these formulae. Once catch up growth is achieved they should be stopped.

It is very important that these products should be discontinued by 6 months corrected age at the latest. Not all babies need these formulae for the full 26 weeks from expected date of delivery (EDD). If there is excessive weight gain at any stage up to 6 months corrected age, the formula should be stopped.

Infant milks for pre-term infants can be bought at a similar cost to standard infant formula.

Prescribing of special formula milks for pre-term infants by GPs is not supported.

Pre-term infant formula		
<u>Product</u>	<u>Pack size</u>	<u>Cost/Where to purchase (Oct 17)</u>
 <p>Cow & Gate Nutriprem 2[®]</p> <ul style="list-style-type: none"> - Post-discharge formula for pre-term or low birth weight - Use until 6 months corrected age 	900g	Chemist direct - £13.60 https://www.chemistdirect.co.uk/cow-and-gate-nutriprem-2-powder-900g/prd-0107337
		Express chemist - £13.99 http://www.expresschemist.co.uk/cow-and-gate-nutriprem-2-post-discharge-formula-900g.html
 <p>SMA Gold Prem 2[®]</p> <ul style="list-style-type: none"> - Post-discharge formula for pre-term or low birth weight - Suitable for vegetarians/Halal 	400g	Chemist direct - £6.49 https://www.chemistdirect.co.uk/sma-gold-prem-2-powder/prd-10gg
		Pharmacy Kwik - £7.50 https://pharmacykwik.co.uk/products/sma-gold-prem-2-milk-powder-900g-tub
		Chemist.net - £6.19 http://www.chemist.net/baby-baby-formula/sma/sma-gold-prem-2-catch-up-formula-powder-400g-pd-16610.html

Reflux/Colic/Comfort Formula

For infants who appear unsettled, colicky etc. there are a range of commercially available milks designed to be easier to digest which parents are able to purchase. Similarly, infants presenting with reflux symptoms should be advised that there are commercial products to purchase.

Reflux/Colic infant formulas can be bought at a similar cost to standard infant formula.

Prescribing of Reflux, Colic or Comfort formula milks by GPs is not supported.

Examples of Reflux/Colic infant formulas

Product	Pack Size	Cost/Where to purchase (Oct 17)
	Aptamil® Anti-reflux - Contains Lactose 900g	Asda - £13.00
		Tesco - £13.00
		Boots - £12.99
	SMA pro® Anti-reflux - Contains Lactose 800g	Boots - £10.00
		Asda - £12.00
		Tesco - £10.00
	Cow & Gate® Anti-reflux - Contains Lactose 900g	Asda - £11.50
		Tesco - £11.50
		Boots - £11.50

Examples of Comfort formula

Product	Pack size	Cost/Where to purchase (Oct 17)
	Aptamil® Comfort - Contains reduced Lactose 900g	Asda - £13.00
		Tesco - £13.00
		Boots - £12.99
	SMA® Comfort - Suitable for Halal - Contains Lactose 800g	Asda - £11.00
		Tesco - £11.00
		Boots - £12.00
	Cow & Gate® comfort 900g	Asda - £11.50

	- Contains Lactose		Tesco - £11.50
			Boots - £11.50

Lactose Intolerance

Infants may develop **lactose intolerance**; for example secondary to an infectious gastrointestinal illness. Symptoms include: abdominal bloating, wind, increased (explosive) and loose, green stools. Lactose intolerance should be suspected in infants who have had symptoms that persist for more than 2 weeks. Diagnosis is the resolution of symptoms, usually within 48 hours, once lactose is removed from the diet. Lactose free infant formulas can be bought at a similar cost to standard infant formula.

Prescribing of lactose free infant formulas by GPs is not supported

Examples of Lactose free formula

Product	Pack Size	Cost/Where to purchase (Oct 17)
	Aptamil® Lactose free - From birth 400g	Boots - £5.99
		Chemist.net - £6.60 http://www.chemist.net/baby-baby-formula/aptamil/aptamil-lactose-free-powder-from-birth-400g-pd-16728.html
		Chemist direct - £6.15 https://www.chemistdirect.co.uk/aptamil-lactose-free-from-birth-milk-powder/prd-3id5
	SMA® Lactose free - From birth - Suitable for vegetarians/Halal 430g	Asda - £6.00
		Boots - £6.00
		Chemist direct - £5.89 https://www.chemistdirect.co.uk/sma-babymilk-lactose-free/prd-nou
	Enfamil® Lactose free - From birth 400g	Chemist.net - £5.45 http://www.chemist.net/food-drink-nutritional-drinks-nutritional-drinks-for-children/mead-johnson-nutrition/enfamil-o-lac-400g-pd-11534.html
		Chemist direct - £7.35 https://www.chemistdirect.co.uk/enfamil-o-lac-powder-formula/prd-2rr



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References	PrescQipp Bulletin 146
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Previous version	Key change
January 2014	Re-format, addition of Similac alimentum, addition of examples of formula to purchase