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Please contact (PALS) the Patient Advice and Liaison Service on:

**Frimley Park Hospital**

Telephone: 0300 613 6530

Email: fhft.palsfrimleypark@nhs.net

**Wexham Park & Heatherwood Hospitals**

Telephone: 0300 615 3365

Email: fhft.palswexhampark@nhs.net



<b>Frimley Park Hospital</b> Portsmouth Road, Frimley, Surrey, GU16 7UJ	<b>Heatherwood Hospital</b> London Road, Ascot, SL5 8AA	<b>Wexham Park Hospital</b> Wexham Street, Slough, Berkshire, SL2 4HL
<b>Hospital switchboard:</b> 0300 614 5000		<b>Website:</b> www.fhft.nhs.uk

<b>Title of Leaflet</b>	Advice on Change to a Hypoallergenic Formula				
<b>Author</b>	Emma Brackley	<b>Department</b>	Nutrition and Dietetics		
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Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.



**Frimley Health**  
NHS Foundation Trust

Nutrition and Dietetics Department

Frimley Health NHS Foundation Trust

## Advice on Changing to a Hypoallergenic Formula

(Aptamil Pepti 1 & 2, Nutramigen 1 & 2 LGG, Nutramigen Puramino, Neocate LCP, Neocate Syneo, Alimentum, Ele-Care, SMA Althera and Alfamino)



Information for patients, relatives and carers

**GP Version**

## Introduction

Hypoallergenic formula is suitable from birth, but only under medical supervision. If your baby is diagnosed as allergic to cows' milk, your GP will prescribe an appropriate infant formula with fully hydrolysed (broken down) proteins. Formula with partially hydrolysed proteins (comfort formula) is available in the shops, but it is not suitable for babies with cows' milk allergy.

The smell and taste of this milk is very different to usual baby milks because of the way they are manufactured, but their composition and ingredients are controlled under the same regulations as all other baby milks available in the UK and EU. Hypoallergenic formulae form part of the treatment your baby needs to improve their symptoms - introduce the hypoallergenic formula as soon as possible.

Many babies change from their usual milk without any problem; for other babies the advice contained in this booklet may be useful.

### For Breastfed Babies Under Six Months

You may be advised to try excluding milk from your diet initially for a period of 4-6 weeks, to see if your baby's symptoms improve. If there is no improvement, then you will be advised to change to the hypoallergenic formula.

Breast milk contains lots of different flavours depending on the mother's diet, so a breast fed baby under 6 months old, will have experienced many different tastes already and may readily take the hypoallergenic formula.

If you need to move your baby from taking milk from the breast to taking milk from a bottle, your baby will have to learn to feed from a bottle as well as acquiring a taste for the formula - this can be a very emotional time for mothers who had wished to breastfeed for longer.

- Wait until your baby is really hungry before trying the new formula
- If possible, get someone else to feed the baby for the first few feeds
- If the formula is completely rejected, try a gradual changeover by expressing breast milk and giving via a bottle, then introducing 1oz formula into 3ozs of breast milk (see following information)

### Can I Mix a Hypoallergenic Formula with Breast Milk?

Yes, but you have to do this carefully as breast milk contains many enzymes and if the formula is mixed with breast milk and allowed to rest for more than thirty minutes, digestion of the carbohydrates from the formula may take place. Therefore, mix formula with breast milk JUST before giving it to your baby.

### For Breastfed Babies Over Six Months

Most babies will have started weaning by this time and will be developing their tastes further.

In addition to the previous advice you can try mixing the hypoallergenic formula with suitable weaning foods first and you may wish to use a feeder beaker rather than a bottle at this stage. Various recipe books are available for the hypoallergenic formula milks - ask your Dietitian to provide one.

### For Bottle-fed Babies Under Six Months

Bottle-fed babies will be used only to the taste of their usual formula so may initially reject the new taste.

- Wait until your baby is really hungry before trying the new formula
- If possible, get someone else to feed the baby for the first few feeds
- Try a feeder beaker/different container to that which the baby usually has their milk in and switch it directly. Again wait until the baby is really hungry
- If the formula is completely rejected try a gradual changeover, mixing 1oz formula into 3ozs of the usual baby milk

### For Bottle-fed Babies Over Six Months

As for breastfed babies, most babies will have started weaning by this time and will be developing their tastes further. In addition to the advice above you can try mixing the hypoallergenic formula with suitable weaning foods first.

### General Points

- It may take 5-7 days for a baby to accept the new formula
- Your baby's stools will probably turn green - this is normal
- Use a closed cup or bottle when giving the formula
- You can cook with the formulae-most companies provide their own recipes- have a look at their websites