

Emphasize the need to strictly follow manufacturer's instructions when making up formula milk

Condition	Formulary Status	Formula	Age range*	Key Points
Cow's Milk Protein Allergy (CMPA) Extensively Hydrolysed Formula (EHF)	Green First Line	Althera® (Kosher & Halal)	0-12 months	<p>*Age range refers to ICB policy. Individual products may have a broader licence. See Quantities to Prescribe.</p> <ul style="list-style-type: none"> • Take an allergy focused clinical history EHF: Indicated if Mild to moderate non-IgE mediated CMPA Mild to moderate IgE mediated CMPA DELAYED Non-IgE mediated symptoms • Confirm diagnosis with home milk challenge, 4 weeks after starting feed • Maintain CMPA elimination diet until 9-12 months old, or for 6 months after diagnosis • Refer to paediatric dietitian for additional support if required ACUTE/Immediate IgE-mediated symptoms Refer to secondary care
		Aptamil Pepti 1®	0-6 months	
		Aptamil Pepti 2®	6-12 months	
	Green	Alimentum® <i>currently unavailable due to precautionary recall</i>	0-12 months	
	Green Second Line	Nutramigen 1 with LGG®	0-6 months	
Nutramigen 2 with LGG®		6-12 months		
CMPA: Amino Acid Formula (AAF)	Green First Line	SMA® Alfamino	0-12 months	<ul style="list-style-type: none"> • Take an allergy focused clinical history AAF: Indicated if anaphylactic reaction/ severe IgE or severe non-IgE mediated CMPA reactions • Refer to secondary care If IgE mediated reaction or moderate-severe eczema refer to paediatrician/allergy clinic for review & advice on reintroduction
		Nutramigen Puramino® Neocate LCP®		
CMPA: Plant based options	OTC	SMA® Wysoy®	6-12 months	• If aged over 6 months and refuses EHF and has no allergy to soya
	OTC	*Alpro Growing Up Soya Drink®	12+ months	• If aged 1+ and tolerates soya. Use in food from age 6 months but not as main drink until 1year old
	OTC	*Alpro Oat Growing Up Drink® / *Oatly Oat Drink Whole® or *Barista Edition®	12+ months	• If aged 1+ and does <i>not</i> tolerate soya. Use in food from age 6 months but not as main drink until 1year old. <i>*Other dairy milk alternatives not appropriate as main milk drink until 2 years</i>
Faltering growth Energy dense ready-to-use formula	Green First Line	SMA® High Energy	0-18 months or 8kg	<ul style="list-style-type: none"> • Ensure regular weight/length monitoring • Encourage Food First & food fortification if weaned and over 6 months (diet sheet available)
	Green	Infatrini®		
Pre-term or IUGR Post discharge from hospital	Green First Line	Nutriprem 2 Powder®	0-6 months corrected age	<ul style="list-style-type: none"> • Follow hospital discharge instruction • Use Prem feed Powder <i>not</i> ready-to-drink formula • Ensure review at 6 months corrected age
	Green	SMA® Gold Prem 2 Powder		
Gastro-Oesophageal Reflux (GOR)	OTC: Thickening formulae	SMA® Anti-reflux	0- 12 months	<ul style="list-style-type: none"> • Try non-medical intervention first, check for overfeeding • Follow feed preparation instructions carefully • Do not use in conjunction with separate thickeners, or medication such as Infant Gaviscon, antacids or PPI
	OTC: Pre-thickened formula	Aptamil Antireflux® Cow & Gate® Anti reflux HiPP® Anti-reflux		
	OTC: Thickener powder	Instant Carobel®	From birth	• Use if anti-reflux formula not practical/possible (e.g. using pre-term or specialised formula)
Secondary lactose intolerance	OTC: Lactose free formula	Aptamil LF® SMA LF®	0-12 months	<ul style="list-style-type: none"> • Use up to 8 weeks at a time • If aged 1+ use supermarket lactose free milk e.g. Alpro Soya Growing Up Drink, Arla Lactofree Whole • Wysoy only if over 6 months old and no allergy to soya
	OTC: soya formula	SMA® Wysoy®	6+ months	

Guidance on feed volumes to prescribe for infants

Always be guided by the baby's appetite and feed responsively

Age Category	Feeding guidance per day		Suggested volume per day	Equivalent in Tins per 28 days
Up to 2 weeks	7-8 feeds <i>60-70mls/feed</i>	150ml/kg	420 -560mls	5 -6 x 400g
2 weeks - 2 months	6-7 feeds <i>75-105mls/feed</i>	150ml/kg	450 -735mls	5 -8 x 400g
2-3 months	5-6 feeds <i>105-180mls/feed</i>	150ml/kg	525 -1080mls	6 -12 x 400g
3-5 months	5 feeds <i>180-210mls/feed</i>	150ml/kg	900 -1050mls	10 -12 x 400g
About 6 months	4 feeds <i>210-240mls/feed</i>	120ml/kg	840 -960mls	9 -11 x 400g
General guidance on feeding after 6 months, for average weight, well children <i>If a child is under the paediatric dietitian, they will advise on an appropriate monthly prescription</i>				
7-9 months	4 feeds 150mls/feed		About 600mls	7 x 400g
10-12 months	3 feeds e.g. 2 x 100ml + 1 x 200ml feed		About 400mls	5 x 400g
1-2 years	3 feeds e.g. 2 x 100ml + 1 x 200ml feed		About 350-400mls of whole cow's milk or other suitable milk drink	5 x 400g

Adapted from the First Steps Nutrition Trust: A simple guide to Infant Milks. January 2021

Notes:

- Specialist infant formulae are for age 0-12 months unless advised to continue by a paediatrician or paediatric Dietitian.
- Advise parents to follow the manufacturer's advice on safe preparation and storage once mixed or tin is opened.
Note: Instructions for making up Nutramigen LGG and Neocate Syneo are different to standard formula, advise to carefully follow instructions on the tin.
- Only prescribe 2 tins initially until compliance/tolerance is established.