

### Appendix 3- Prescribing allergy formula milks

*Prescribing notes: For babies under 12 months old undergoing a 4 week cow's milk exclusion- please email GP practice clinical mailbox.*

*Recommendation: 4 week cows milk exclusion – following NHS Lothian Paediatric Dietetic IFD pathway.*

**\*\*\*\*\*NUTRITION PRESCRIPTION REQUEST\*\*\*\*\***

*Product Name: Aptamil Pepti 1 ; Nutramigen 1 with LGG ; SMA Althera*

*Total volume/weight per 28 days: 8 x 400g tins*

*Duration: 4 week trial only*

#### Extensively hydrolysed formula (EHF)

EHF is the first line treatment for mild to moderate CMPA and tolerated by 90% of infants with CMPA. For dairy free trial please prescribe 8 x 400g tins.

| <b>Extensively hydrolysed formula</b>   | <b>Additional information</b>  |
|---|--|
| Aptamil Pepti 1 *                       | From birth- 12 months. Contains lactose making this better accepted by breast fed babies requiring top-up feeds.<br>Not suitable for vegetarian, vegan, halal or kosher diets    |
| <i>Aptamil Pepti 2 (optional)</i>       | <i>From 6-12 months. Contains lactose making this better accepted by breast fed babies requiring top-up feeds.<br/>Not suitable for vegetarian, vegan, halal or kosher diets</i> |
| Nutramigen 1 with LGG*                  | From birth – 12 months.<br>Not suitable for vegan, halal or kosher diets.  |
| <i>Nutramigen 2 with LGG (optional)</i> | <i>From 6 -12 months.<br/>Not suitable for vegan, halal or kosher diets.</i>   |
| SMA Althera                             | From birth- 12 months.<br>Suitable for vegetarian and halal diets.   |

#### Amino acid formula (AAF)

Amino acid formula should **ONLY BE** prescribed in primary care if an infant presents with **SEVERE ALLERGIC SYMPTOMS** to cow's milk. Otherwise AAF should be initiated on advice from secondary care or specialist dietitian.

| <b>Amino acid formula</b> | <b>Additional information</b>  |
|---------------------------|--|
| Neocate LCP               | From birth – 12 months.<br>Suitable for vegetarian, halal and kosher diets |
| Nutramigen Puramino       | From birth - 12 months.<br>Suitable for halal and kosher diets             |
| SMA Alfamino              | From birth – 12 months.<br>Suitable for vegetarian, halal and kosher diets |

\*Please note that Aptamil Pepti 1 and Nutramigen 1 with LGG are suitable as a main milk from 0-12 months (stage 2 milks are optional).

**There are currently no vegan formulas available for infants under 6 months old (07/2024).**