

PRESCRIBING ALLERGY FORMULA MILKS

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.

Extensively hydrolysed formula	Additional information
Nutramigen 1 with LGG	From birth onwards. Not suitable for vegan, halal or kosher diets.
Nutramigen 2 with LGG	From 6 -12 months. Not suitable for vegan, halal or kosher diets.
Aptamil pepti 1	From birth onwards. Contains lactose making this better accepted by breast fed babies requiring top feeds. Not suitable for vegetarian, vegan, halal or kosher diets
Aptamil pepti 2	From 6-12 months. Contains lactose making this better accepted by breast fed babies requiring top feeds. Not suitable for vegetarian, vegan, halal or kosher diets
SMA Althera	From birth onwards. 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.

Amino acid formula	Additional information
Neocate LCP	From birth to 1 year Suitable for vegetarian, halal and kosher diets
SMA alfmino	From birth up to 3 years of age Suitable for vegetarian, halal and kosher diets
Nutramigen puramino	From birth onwards Suitable for halal and kosher diets

Both EHF and AA formulas have an unpleasant taste and smell. In order to promote acceptance of the formula please advise a gradual introduction of these by mixing together with usual formula over a 5 day period until fully on to EHF/AA formula.