

Guideline Name	Guidelines for the appropriate prescribing of Specialist Paediatric Formulas by Primary Care clinicians in West Berkshire. (2 page summary)	
Date of Issue:	September 2014	
Review Date:	September 2017	
Guideline Statement:	All Lactose-Free, Soya and Anti-Reflux milks are not recommended for routine use. See below for further details.	
References:	See full guideline	
Date taken to APC:	5 th November 2014	
Date Ratified by GP MOC on Behalf of the Board:	12 th November 2014	

Condition/ Indication		Treatment/Review Criteria	Name of Formula	Age restrictions	Criteria for stopping Formula
Cow's Milk Allergy Pages 12-16 of full guideline	<u>Mild- Moderate</u> -IgE, and - Non- IgE-mediated	Extensively Hydrolysed Formula	First Line: Similac Alimentum (Abbott)	From birth to 2 years	Maintain CMP elimination diet until 9 -12 months of age, but for at least 6 months before re-introduction. Stop formula once infant has grown out of allergy or they are 2 years old. Then use supermarket soya formula (only suitable for age 6 months+) Parents to buy OTC soya milk > 6+ months.
	<u>Severe</u> -IgE , and -Non- IgE-mediated	Amino Acid Formula	First Line: Nutramigen AA (Mead Johnson)		
Faltering growth Page 17 of full guideline		Encourage food first and fortification advice for those children over 6 months and who have been weaned	First Line: Similac High Energy (Abbott)	From birth up to 18 months or 8kg	These formulas should be used until 18 months or 8kgs. However the child should be reviewed by a dietitian before the formula is stopped.
Pre-term Infants Page 18 of full guideline		Started in hospital for babies born before 37 weeks gestation weighing less than 2.5kg at birth.	First Line: SMA Gold Prem 2 powder (SMA Nutrition)	Use up to 6 months corrected age	These formulas should be stopped if the child is weaned or there is excessive weight gain, as determined by the growth chart centiles.
Gastro-oesophageal Reflux (GOR) Page 19 of full guideline		Step One: Reassure patient and give advice as detailed. Step Two: Try thickened formula	Parents to buy a thickened formula OTC. Same price as standard infant formula e.g. SMA Stay down (SMA Nutrition) or Enfamil A-R (Mead Johnson)	Up to 1 year	To continue treatment until GOR resolves. If on a thickened formula, once vomiting resolves return to standard formula, assuming GOR has now resolved.
Secondary Lactose Intolerance Page 20 of full guideline		Treatment with lactose free formula for 4-8 weeks to allow symptoms to resolve.	Parents to buy a lactose-free formula OTC. Same price as standard infant formula e.g. SMA LF (SMA Nutrition) or Enfamil O-Lac (Mead Johnson)	Birth to 1 year	Can be used for a maximum of 8 weeks without review and trial of discontinuation of treatment. From 1 year+ can use a supermarket lactose-free milk.

Guidance on feed volumes to prescribe for infants

Age Category	Royal College Nursing feed guidance	Suggested volume intake per day	Quantity of powder per day (approx.)	Amount of formula to prescribe for <u>1 week (trial)</u>	Amount of formula to prescribe <u>per 4 weeks</u>
Up to 2 weeks	7-8 feeds per day 60-70mls per feed	420-560mls/day	70-90g/day	2 x400g tin OR 1x 900g tin	5-7 x 400g tin OR 3x 900g tin
	ml/kg/day	150			
2 weeks - 2 months	6-7 feeds per day 75-105mls per feed	450-735mls /day	70-110g/day	2 x400g tin OR 1x 900g tin	5-8 x 400g tin OR 3-4x 900g tin
	ml/kg/day	150			
2-3 months	5-6 feeds per day 105-180mls per feed	525-1080mls/day	80-160g/day	2-3 x400g tin OR 1-2x 900g tin	6-12 x 400g tin OR 3-5x 900g tin
	ml/kg/day	150			
3-5 months	5 feeds per day 180-210mls per feed	900-1050mls/day	140-160g/day	3 x400g tin OR 2x 900g tin	10-12 x 400g tin OR 5x 900g tin
	ml/kg/day (3-4 months)	150			
	ml/kg/day (4-5 months)	120			
About 6 months	4 feeds per day 210-240mls per feed	840-960	130-150g/day	3 x400g tin OR 1-2x 900g tin	9-11 x 400g tin OR 4-5x 900g tin
	ml/kg/day	120			
<p>General guidance on feeding after 6 months: These guidelines below are for average weight children who are not exclusively enterally fed. EXCEPTION: If a child is under the paediatric dietitians, they will provide guidance on appropriate monthly prescription quantity.</p>					
7-9 months	4 feed per day 150mls per feed	About 600mls per day	90g/day	2 x400g tin OR 1 x900g tin	7 x400g tin OR 3 x 900g tin
10-12 months	3 feeds per day 100-200mls per feed	About 400mls per day	70g/day	2 x400g tin OR 1 x900g tin	5 x400g tin OR 3 x 900g tin
1-2 years	3 feeds per day 100-200mls per feed	About 400mls per day of whole cow's milk or other suitable milk drink	70g/day	2 x400g tin OR 1x 900g tin	5 x400g tin OR 3x 900g tin

Table One: Adapted from the First Steps Nutrition Trust.