

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.

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