

APPROPRIATE MILKS FOR CHILDREN WITH SUSPECTED IgE AND NON-IgE MEDIATED COW'S MILK ALLERGY

INFANTS UNDER 1 YEAR OF AGE

- Extensively hydrolysed formulas
- First line treatment:
 - Althera (£10.68/450g)
 - Nutramigen LGG 1 (£11.21/400g) (LGG 2 for over six months)

INFANTS 1-2 YEARS OLD

- Most OTC soya/oat/coconut milks are too low in energy and protein for this age group
- Those who tolerate soya
 - Parents can buy Alpro Soya Growing Up drink
- Those who are milk and soya allergic
 - An extensively hydrolysed formula should be prescribed until 2 years old
- If dietary adequacy is poor, the following may be prescribed on the recommendation of a dietitian
 - Neocate Junior £28.70/400g

OVER 2 YEARS OF AGE

- No need to continue to prescribe infant formula unless otherwise advised by a dietitian or paediatrician.
- Milk substitutes with added calcium are suitable and available to purchase e.g. soya, coconut, hemp and oat milks
- Rice milk is **NOT** suitable as the main drink for children under 5 years
- Other mammalian milks, e.g. goat/sheep, **NOT** suitable because of cross reactivity

Extensively hydrolysed formulas with altered fat profile

NOT to be prescribed first line in the community

Children usually fulfil the criteria for secondary care

- MCT Peptide (£20.72/400g)
- Pepti-Junior (£13.36/450g)
- Pregestimil (£12.43/400g)

Amino acid formulas

Only required if severe symptoms and/or failure to respond to hydrolysed formula

Children usually require referral to secondary care

- SMA Alfamino (£23/400g)
- Neocate LCP (£28.70/400g) (the only Neocate formula suitable for infants <1 year)

All other Neocate products should only be prescribed on the advice of a dietitian or paediatrician

Formulas to be AVOIDED in infants and children with cow's milk protein allergy

- Soya formulas e.g. Wysoy (due to cross reactivity and phytoestrogen content)
- Lactose free formulas e.g. SMA LF or Enfamil O-Lac
- Goat milk formulas e.g. Nanny or Kabrita

Cost effective CMPA Formula prescribing

- Use the cheapest effective product
 - Use an extensively hydrolysed formula as first line (suitable for 90% of infants with CMPA)
 - Prescribe the North/East Devon Joint Formulary first line choice, unless advised otherwise by a dietitian or paediatrician
- Check the diagnosis is accurate
 - Remember to re-challenge with a standard formula to confirm the diagnosis in non-IgE CMPA (www.rdehospital.nhs.uk/patients/services/child_health/paediatrics/patient-information-leaflets.html - GR-GL-PD07-##)
- Check the diagnosis still stands
 - Remember to re-challenge 6 months post diagnosis (or over 1 year if an infant), many children grow out of non IgE CMPA in the first year of life (www.rdehospital.nhs.uk/patients/services/child_health/paediatrics/patient-information-leaflets.html - GR-GL-PD06-##)
 - If the child has had an accidental exposure to milk with no symptoms, consider re-challenge sooner
- Prepare the parents for when the prescription will be stopping (www.rdehospital.nhs.uk/patients/services/child_health/paediatrics/patient-information-leaflets.html - RDE 18 049 ###)
- Consider stepping down from an amino acid formula to an extensively hydrolysed formula once symptoms have resolved (EHF can induce tolerance earlier) (www.rdehospital.nhs.uk/patients/services/child_health/paediatrics/patient-information-leaflets.html - GR-GL-PD11-##)
- When to stop prescribing
 - If over 1 year of age and tolerating soya – parents can buy Alpro Soya Growing Up Milk to use as a main drink
 - If over 2 years, no need for a specialist formula prescription. Parents can buy OTC soya/oat/nut milks
- Prescribe appropriate amounts:

	2 week trial	1 month prescription
0 – 3m	6 x 400g tins	12 x 400g tins
4-6m	8 x 400g tins	14 x 400g tins
7-9m	6 x 400g tins	13 x 400g tins
10-12m	6 x 400g tins	11 x 400g tins
1-2yrs (allergic to soya)	4 x 400g tins	7 x 400g tins
1-2yrs (tolerates soya)	If parents can purchase Alpro Soya Growing Up Milk, no need to prescribe an alternative formula.	

Some infants may drink more, increase on parental request.