

## STEPPING DOWN FROM AMINO ACID FORMULA

Some babies are suitable for stepping down from an amino acid formula (e.g. Alfamino, Neocate LCP) to extensively hydrolysed formulas (e.g. Althera, Nutramigen LGG). Emerging evidence suggests that the inclusion of small amounts of small cow's milk peptides can speed up the acquisition of tolerance to cow's milk protein.

### **Aim to step down babies who meet the following criteria:**

- Babies given amino acid formula at diagnosis but who actually fulfilled criteria for an extensively hydrolysed formula
- Amino acid formula used for initial stabilisation and initiation of weight gain but are now very well and stable
- Babies who are tolerating foods from stage 1 of milk ladder (baked milk) but are unable to tolerate stage 2 yet
- Failed EHF initially but responded very quickly to AA formula (simply needed a period of stability to recover)

### **Do NOT step down babies in this group**

- Multiple (over 3 difficult to manage) food allergies
- Anaphylaxis to milk
- Significant blood in stool due to CMPA
- Established on amino acid formula but faltering growth still an issue

If advising parents to step down to an extensively hydrolysed formula, give parents information on stepping down ([www.rdehospital.nhs.uk/patients/patient-information-leaflets.html#paediatrics-dietetics - CW 16 006 ###](http://www.rdehospital.nhs.uk/patients/patient-information-leaflets.html#paediatrics-dietetics-CW-16-006-###)). If a child has a return of symptoms on the extensively hydrolysed formula, they will need to continue their amino acid formula.

It is best practice when commencing an amino acid formula prescription to let parents know of the possibility of stepping down to an extensively hydrolysed formula in future, and the rationale for doing so (resolving milk allergy faster)