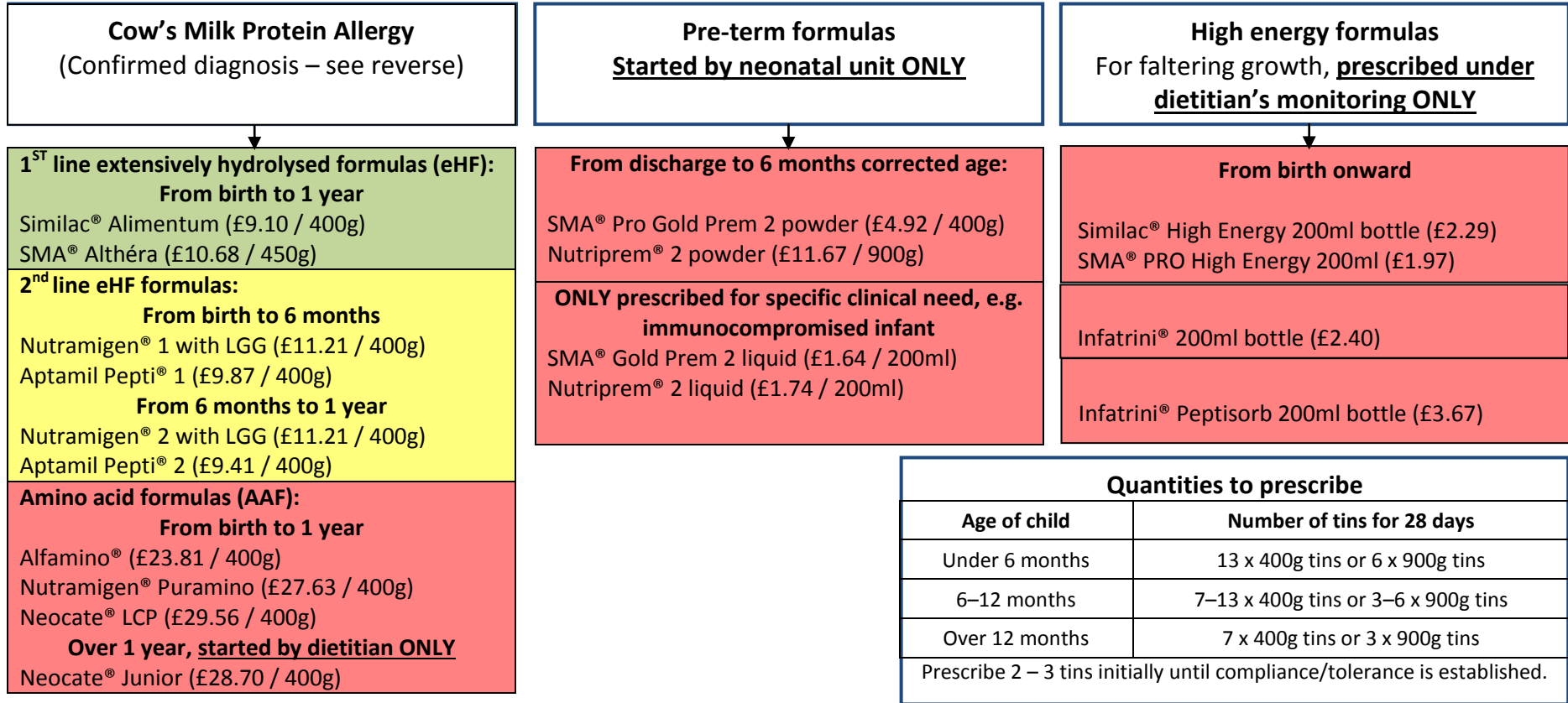


## Prescribing Algorithm for Hypoallergenic Infant Formulas

Can be started in primary care	Can be started in primary care	Started in secondary care	Do not prescribe
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**DO NOT PRESCRIBE:** Lactose free formulas, soya milk, anti-reflux/ pre-thickened formulas, comfort milks, hungry milks, (this is for self-purchasing only).  
**For breastfed infants with lactose intolerance:** Lactose free formulas are not recommended as lactose is present in breastmilk.  
**For formula fed infants with lactose intolerance:** Please recommend for parents to purchase the following formulas and consider referral to dietitians:  
**Low lactose / lactose free formulas:** Aptamil® Lactose Free, Cow & Gate® Comfort, SMA LF®  
**From 6 months AND not tolerating other suggestions:** SMA Wysoy® (Soya milks / formulas are not recommended for infants under 6 months old)

**Important: All prescription formulas started by dietitians must be supervised by the dietitians with regular updates to the GP practices. Where GPs start any specialist formula, it is recommended that a referral to dietitians is made to ensure that patients have access to expert advice on weaning and milk reintroduction. Prescription hypoallergenic formulas are supported for infants with CMPA up to the age of 1 year - only to continue after 1 year of age under exceptional circumstances and with supervision from a dietitian.**

Please refer to the full guidance on the most appropriate and cost-effective prescribing for infant formula for further details.

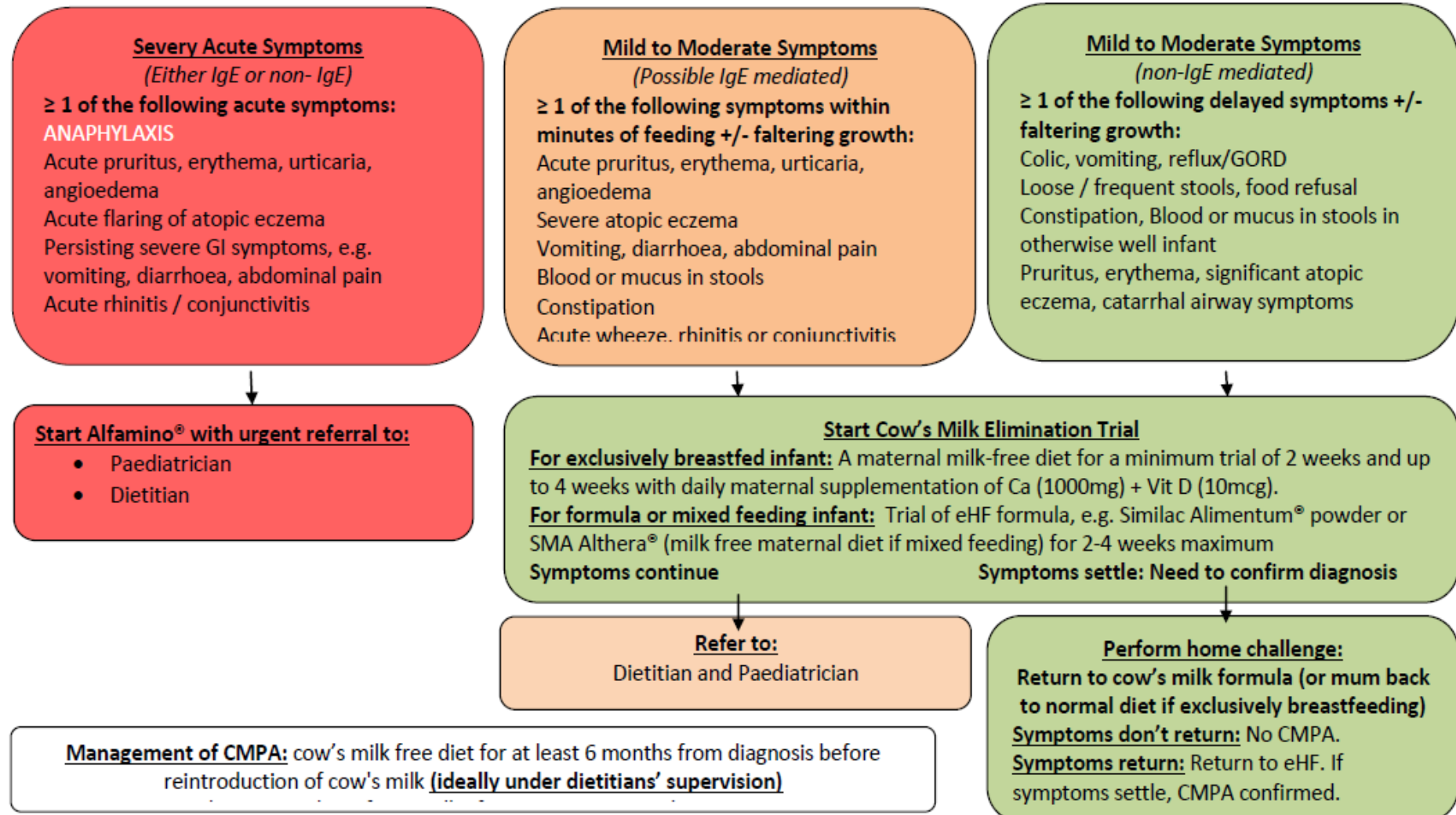
**Contact for queries:** Arelis Rodriguez-Farradas, Prescribing Support Dietitian, 07717 850238 or [a.rodriquez-farradas@nhs.net](mailto:a.rodriquez-farradas@nhs.net)

## Initial Assessment and Diagnosis of Suspected Cow's Milk Protein Allergy (CMPA) in Infants

Most infants with CMPA will present a 'non-IgE' milk allergy, with symptoms delayed (2-72 hours after feeding). A small group will present with an IgE-mediated allergy with symptoms appearing within minutes to 2 hours. A symptoms history can determine which type of allergy is present.

**CMPA** is an immune reaction to cow's milk protein and must not be confused with **lactose intolerance**, an inability to digest lactose, the main sugar found in milk. Lactose free or low lactose formulas are not appropriate for the management of CMPA. Please refer to the full guidance for more details.

**Take symptoms history and allocate to one of the following three groups:**



Please refer to the full guidance on the most appropriate and cost-effective prescribing for infant formula for further details. **Contact for queries:** Arellis Rodriguez-Farradas, Prescribing Support Dietitian, [a.rodriquez-farradas@nhs.net](mailto:a.rodriquez-farradas@nhs.net)