

# Prescribing of Infant Formulas in Primary Care

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Many infants are presenting in Primary Care with symptoms which may indicate Cow's Milk Protein Allergy (CMPA) or Lactose Intolerance. This is resulting in increased pressure on primary care health care professionals to prescribe infant formula products.

To address this, guidance has been developed to provide a better understanding of the management of CMPA and Lactose Intolerance. It also provides information on which products should be avoided, purchased over the counter or prescribed under specialist advice.

In general, all cases of milk intolerance should be referred for specialist advice, with the exception of simple cases of secondary lactose intolerance. Paediatric consultants and/or dietitians will advise on suitable specialist infant formula and length of treatment. Prescribing of specialist milks for cow's milk protein intolerance or allergy can be initiated in primary care whilst waiting for specialist referral. Without written guidance to the contrary, the recommended maximum ages detailed in the guidance should also be applied.

The following products should **not** be prescribed on FP10:

- **Lactose free formula milk** - Purchase of a lactose free formula should be advised and a re-challenge carried out in 3-4 months. Lactose free milks can be bought at a similar cost to standard infant formula
- **Soya products** - should not be recommended for purchase unless advised by a paediatric consultant/dietitian and never under 6 months of age unless on specialist advice. Infants of vegan mothers who choose not to breast feed should not receive soya milks on the NHS as products are available at the same cost as standard milks.
- **Nutriprem 1** or **SMA Goldprem 1** (hospital only).
- Post discharge formula (e.g. **Nutriprem 2**) will be initiated by secondary care. If GPs are asked to prescribe there will be clear reasons why. Prescribing will only be for up to 3 months corrected age unless followed up by secondary care and a clear indication given for continuation. GPs should not put these formulas onto repeat prescriptions.
- **Liquid preparations** - Powdered milks should be the norm. Liquid feeds are for convenience and should be purchased if needed, unless clinically indicated by specialist.

Any child still prescribed cows' milk protein free milk by 18 months of age should be weaned onto supermarket bought milk e.g. calcium enriched soya milk. Prescription formula should no longer be needed.

Further information can be obtained from 'Prescribing Guidelines for Specialist Infant Formula Feeds' which can be accessed at: [www.elmmb.nhs.uk/policies-and-guidelines/guidelines](http://www.elmmb.nhs.uk/policies-and-guidelines/guidelines)

*Many infants present with symptoms which may indicate Cow's Milk Protein Allergy (CMPA) or Lactose intolerance in primary care*

*Prescribers should refer to Prescribing Guidelines for Specialist Infant Formula Feeds to aid them in the management of CMPA and lactose intolerance*