

## Dos and Don'ts of Prescribing Specialist Infant Formulae

### Do:

- ✓ Promote & encourage breastfeeding if clinically safe / mother is in agreement.
- ✓ Refer where appropriate to secondary or specialist care - see advice for each condition.
- ✓ **Seek prescribing advice if needed in primary care from the health professional involved in the child's care, or paediatric dietitians (see contacts page 3).**
- ✓ Prescribe only 2 tins initially until compliance/tolerance is established.
- ✓ Follow the manufacturer's advice re safe storage once mixed or opened.
- ✓ Check any formula prescribed is appropriate for the age of the infant.
- ✓ Check the amount of formula prescribed is appropriate for the age of the infant and /or refer to the most recent correspondence from the paediatric dietitian.
- ✓ Review prescriptions regularly to ensure quantity is still age and weight appropriate.
- ✓ Review any prescription (and seek guidance from a paediatric dietitian if appropriate) where:
  - The child is over 2 years old
  - The formula has been prescribed for more than 1 year
  - Greater amounts of formula are being prescribed than would be expected
  - The patient is prescribed a formula for CMPA\* but able to drink cow's milk

### Don't:

- ✗ Prescribe lactose free formula (Aptamil LF<sup>®</sup>, SMA LF<sup>®</sup>, Enfamil O-Lac<sup>®</sup>) for infants with CMPA\*.
- ✗ Prescribe low lactose /lactose free formula in children with secondary lactose intolerance over 1 year who previously tolerated cow's milk (they can use Lactofree whole<sup>®</sup> or Alpro growing up drink<sup>®</sup> from supermarkets).
- ✗ Prescribe soya formula (SMA Wysoy<sup>®</sup>) for those **under 6 months** with CMPA\* or secondary lactose intolerance due to high phyto-oestrogen content.
- ✗ Suggest other mammalian milks (goat's, sheep's...) for those with CMPA\* or 2<sup>ary</sup> lactose intolerance.
- ✗ Suggest rice milk for those under 5 years due to high arsenic content.
- ✗ Prescribe thickening formulae (SMA Staydown<sup>®</sup>, Enfamil AR<sup>®</sup>) with separate thickeners or in conjunction with medication such as Infant Gaviscon<sup>®</sup>, antacids or proton pump inhibitors.
- ✗ Suggest Infant Gaviscon<sup>®</sup> > 6 times/24 hours or if the infant has diarrhoea/fever, (due to Sodium content).
- ✗ Prescribe Nutriprem 2 Liquid<sup>®</sup> or SMA Gold Prem 2 Liquid<sup>®</sup> unless there is a clinical need, and don't prescribe after 6 months of corrected age **unless** advised by a specialist.

\*CMPA: Cow's Milk Protein Allergy