

# The hypoallergenic formulas for the diagnosis and management of Cow's Milk Allergy (CMA)- guidelines for use for Cardiff and Vale UHB

If breast milk is not available a hypoallergenic formula should be used in the diagnosis and management of cow's milk allergy. In most cases an eHF should be recommended.

The Hypoallergenic Formulas currently most commonly used in the infant age group in the UK for term infants are:

## Extensively Hydrolysed Formulas – eHFs – for use with the majority of infants with CMA

### Casein-based constituents

- |                          |                    |                  |          |
|--------------------------|--------------------|------------------|----------|
| • <b>Alimentum</b>       | Birth onwards      | Abbott Nutrition | 400g tin |
| • Nutramigen 1 with LGG* | Birth onwards      | Mead Johnson     | 400g tin |
| • Nutramigen 2 with LGG* | > 6 months of age  | Mead Johnson     | 400g tin |
| • Nutramigen 3 with LGG  | From 1 year of age | Mead Johnson     | 400g tin |

**Alimentum** is currently the first line hypoallergenic formula of choice in Cardiff and the Vale; it is cost effective, with an appropriate nutrient profile.

### Whey-based constituents (contain lactose)

- |                   |                   |        |                  |
|-------------------|-------------------|--------|------------------|
| • Althera         | Birth onwards     | Nestle | 450g tin         |
| • Aptamil Pepti 1 | Birth onwards     | Danone | 400g or 800g tin |
| • Aptamil Pepti 2 | > 6 months of age | Danone | 400g or 800g tin |

**Amino Acid-based Formulas – AAFs** – for use when an infant is not responding to an extensively hydrolysed formula or in cases of severe allergy. These are significantly more expensive than extensively hydrolysed formulas

- |                   |                    |              |          |
|-------------------|--------------------|--------------|----------|
| • <b>Alfamino</b> | Birth onwards      | Nestle       | 400g tin |
| • Neocate LCP     | Birth onwards      | Nutricia SHS | 400g tin |
| • Neocate Syneo*  | Birth onwards      | Nutricia SHS | 400g tin |
| • Neocate Junior  | From 1 year of age | Nutricia SHS | 400g tin |
| • Puramino        | Birth onwards      | Mead Johnson | 400g tin |

**Alfamino** is the formula of choice in Cardiff and the Vale when an amino acid-based formula is needed; it is cost effective, with an appropriate nutrient profile.

\* Nutramigen with LGG and Neocate Syneo contain probiotics and so it is advised that in order to preserve the probiotic it is prepared differently to usual formulas. These should be prepared with water that has been cooled down to room temperature.

Current advice on making up most other infant formula is to use water prepared as follows. Fill the kettle with at least 1 litre of fresh tap water from the cold tap, Boil the water. Then leave the water to cool in the kettle for no more than 30 minutes so that it remains at a temperature of at least 70°C.

### Please note

- ❖ **Do NOT use alternative mammalian milks (e.g. goat's milk), low lactose, partially hydrolysed or soya formulas to treat suspected CMPA**