

The hypoallergenic formulas for the diagnosis and management of Cow's Milk Allergy (CMPA)

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

Whey-based constituents (contain lactose)

• Althera (<i>Halal</i>)	Birth onwards	Nestle	400g tin
• Aptamil Pepti 1	Birth onwards	Danone	400g or 800g tin
• Aptamil Pepti 2	> 6 months of age	Danone	400g or 800g tin

Casein-based constituents

• 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

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

• Alfamino	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

Current advice on making up 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.

Be aware that:

- Fully formula-fed infants should be prescribed two 400 g tins initially
- Once it is established that they will take the formula most infants will need 10 -12 tins per month
- Once the diagnosis is confirmed and a dietetic consultation has been carried out the Paediatric Dietitian will advise on the need for ongoing prescriptions
- The need for ongoing prescriptions should be reviewed by the GP when the child is 1 year of age
- Hypoallergenic infant formulas have a different taste and smell to cow's milk-based formula. They can be gradually introduced into a child's feeds over several days if needed before replacing cow's milk-based formula completely
- If one eHF appears to be unpalatable, try an alternative eHF rather than an AAF

Please note

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

If you have any queries about hypoallergic formula or about the dietary management of cow's milk allergy do not hesitate to contact the Community Paediatric Dietitians

Community Paediatric Dietetic Duty Desk - 029 20907620