



## Prescribing Policy for Infant Feeds on FP10

**North East Essex CCG does not support the prescribing of infant feeds on FP10 prescriptions except for:**

- **Cow's milk protein intolerance/allergy**
  - Where there is a clear and definite reaction to milk, some specialist infant formula milks may be initiated and continued whilst awaiting a secondary care referral. Any improvement should be seen within 1-2 weeks.
- **Faltering growth**
  - For those requiring energy dense formula due to specific requirements. Prescribing is only supported from birth up to 18 months or 8kg when under the care of a Paediatric dietitian.
- **Preterm infants and Term babies of low birth weight**
  - **After hospital initiation only**

Breast milk is the optimal milk for all infants. This should be promoted and encouraged where it is clinically safe to do so and the mother is in agreement. However, in some cases a specialist infant formula is required and the Specialist Infant formulae prescribing guidelines have been developed to advise on the most appropriate formula to prescribe within North East Essex. All infants requiring a specialist infant formula should be referred to the Paediatric Dietitian for specialist advice and review. Specialist infant formula milks may be required to be **prescribed up until the age of 18 months**. Infants requiring such prescriptions will be under regular dietetic review.

### **Recommendations:**

#### **Do not prescribe**

- Lactose free, Soya\*, Anti-reflux/thickening, Comfort milk, Hungry milk, Rice milk, Goats or sheep milk\*\* these are typically a similar price to standard infant milk and are readily available for self-purchase. Lactose free milks such as SMA LF (lactose free), Aptamil Lactose free and Enfamil O-Lac (lactose free) may be recommended for self-purchase for lactose intolerance infants.
- Quantities greater than that recommended by the dietitian or according to the [Specialist Infant formulae prescribing guidelines](#)

\*This was originally developed for babies who cannot have infant formula milk based on cow's milk i.e. due to milk allergy. Other types of formula that is more suitable are now available. Soya based formula should not be given at all to any infant under 6 months due to the phyto-oestrogen content.

\*\*Milk/formula based on goat's milk or sheep milk contains lactose and similar proteins to cow's milk. These should not be given to infants with CMPA or lactose intolerance.

### **Healthy start vouchers**

These may be available to low income families. To check if families qualify for healthy start vouchers direct them to: <http://www.healthystart.nhs.uk/>

Vouchers can be spent on infant formula milk that is based on cow's milk and says on the packaging it can be used from birth. This includes lactose-free milks that are derived from cow's milk. They cannot be used on any follow-on formulas that say on the packaging for babies aged six months or older.

#### Reference

Specialist Infant formulae prescribing guidelines (2015) Available at:

[http://www.neesexccg.nhs.uk/library\\_uploads/files/specialist\\_infant\\_formulae\\_guidelines\\_sept\\_2015\\_v9\\_feb\\_16.pdf](http://www.neesexccg.nhs.uk/library_uploads/files/specialist_infant_formulae_guidelines_sept_2015_v9_feb_16.pdf)