

## Baby Milks

### Summary

- Prescribing costs associated with nutritional products has been increasing.
- Priority areas to review include Specialist Infant Formula.

### Aim/Purpose/Background

- Identify patients inappropriately prescribed baby milks.
- Identify patients prescribed baby milks which can be purchased over the counter at prices similar to standard baby milks.
- Review patient notes with a view to stop treatment if inappropriate or change to recommended product.
- This is a cost/quality/ and safety intervention.

### Guidance for Action

- **Run search:** Check patients on baby milk at practices, under action group on SystmOne/ Emis web - foods for special diets and nutritional support (exclude Gluten free products).
- Check patient notes;
  - Are they under the care of a dietician?
  - Are they on a product started by hospital and not been reviewed in the last year?
  - Check repeat and acute prescriptions.
  - Check Quantities prescribed (**see below for info**).
  - GPs can refer to dietetics team- see referral form.
  - MMT pharmacist/technicians can refer with a letter and form to the dietetics team to review a patient.
  - Review prescribing of infant formula's including whether patient should be advised to purchase, length of time on specialist infant formula and quantity being prescribed. Inform GP to discontinue at appropriate time (e.g. 1 boy 9 yrs old still on feed).
  - Produce list of patients to refer, to get agreement from GP either they do themselves or produce letter and refer to dietetics.
  - Patients will be contacted by either dietetic team or GP if items stopped (please contact dietetic team if unsure of guidance [dietitians@nhs.net](mailto:dietitians@nhs.net)).
  - **Advanced Paediatric Dietitian (01480) 416740 or 07908 181060.**

### Benefits from doing reviews:

- Reduce spend on Baby Milks.
- Patient nutritional needs assessed by appropriate clinicians .
- Patients receive regular review for continuing need.
- Advice and support for the family.

### Quantities of Formula to prescribe

Age of Child	Number of tins for 28 days
Under 6 months	13 x 400g tins or 6 x 800g or 900g tins
6 – 12 months	7 - 13 x 400g tins or 3 - 6 x 800g or 900g tins
Over 12 months	7 x 400g tins or 3 x 800g or 900g tins



Type of Milk	Milks available on prescription	Cost April 2016*	Prescribable for	When to stop prescribing	Notes
Preterm	<b>Preferred choice:</b> - Nutriprem 2 powder <b>Other:</b> - SMA Gold Prem 2	£11.52 for 900g £5.30 for 400g	Babies born at < 34 weeks weighing less than 2kg at birth	<b>Maximum 6 months corrected age</b> (Corrected age = actual age - number of months premature)  Stop before if excess weight gain	<b>Nutriprem 2 Liquid should not routinely be prescribed</b>  Per 100ml: 86p when prescribed as liquid 19p when prescribed as powder
Lactose Free	<b>Can buy over the counter at a price similar to other infant milks.</b>  <b>Brands which can be purchased include:</b> SMA LF Enfamil O'Lac Aptamil LF	£5.99 for 430g £6.38 for 400g £5.79 for 400g	<b>Self-purchase</b> (Lactose intolerance)	<b>Recommend to purchase</b>	Lactose free formulas are based on cow's milk and are not suitable for infants with a cow's milk protein allergy. <a href="#">Cow's Milk Protein Allergy and Lactose Intolerance - Guide to Diagnosis and Treatment in Primary Care</a>  At 1 year of age, If lactose intolerance persists, children can move onto full fat lactose free milk purchased from a supermarket
Extensively hydrolysed	<b>Preferred choice:</b> - Nutramigen 1 with LGG < 6 months Nutramigen 2 with LGG > 6 months <b>Others:</b> - Aptamil Pepti 1 Aptamil Pepti 2 Pepti Junior Pregestimil Lipil Similac Alimentum	£10.87 for 400g £10.87 for 400g £9.74 for 400g £18.58 for 800g £12.89 for 450g £12.06 for 400g £9.10 for 400g	Cow's milk protein allergy (CMPA)	<b>By age 2 years</b> Children can move onto calcium-enriched oat, soya (if tolerated) or coconut milk from the supermarket.	These milks will be suitable for the majority of infants with CMPA. Prescribe 1 - 2 tins initially to confirm tolerance/acceptance. <a href="#">Cow's Milk Protein Allergy and Lactose Intolerance - Guide to Diagnosis and Treatment in Primary Care</a> <b>Should be under care of Paediatric Dietitian.</b>
Amino Acid	<b>Preferred choice:</b> - Neocate LCP <b>Others:</b> -	£28.30 for 400g	Severe Cow's Milk Protein Allergy (CMPA)	<b>By age 2 years</b> Children can move onto calcium-enriched oat, soya	Suitable for those with severe symptoms of CMPA who do not tolerate an extensively hydrolysed formula. Prescribe 1 - 2 tins initially to confirm tolerance/

Type of Milk	Milks available on prescription	Cost April 2016*	Prescribable for	When to stop prescribing	Notes
	Nutramigen Puramino Alfamino	£26.80 for 400g For 400g		(if tolerated) or coconut milk from the supermarket.	acceptance. <a href="#">Cow's Milk Protein Allergy and Lactose Intolerance - Guide to Diagnosis and Treatment in Primary Care</a> <b>Should be under care of Paediatric Dietitian.</b>
Soya	<b>Can buy over the counter at a price similar to other infant milks.</b>  <b>Brand which can be purchased:</b> Wysoy	Can buy over the counter at a price similar to standard infant milks.  £11.99 for 900g	<b>Self-purchase</b> (CMPA infants > 6 months)	<b>Recommend to purchase</b>	Not recommended < 6 months as first line treatment for CMPA due to risk of developing secondary soya allergy. May be considered in infants > 6 months but does not need to be prescribed.  After 1 year, can purchase Alpro Soya Growing Up Milk
Thickening formula / Stay Down	<b>Can buy over the counter at a price similar to other infant milks</b>  <b>Brands which can be purchased include:</b>  SMA Staydown Enfamil AR	Can buy over the counter at a price similar to standard infant milks.  £10.99 for 900g £4.78 for 400g	<b>Self-purchase</b> (Gastro oesophageal reflux)	<b>Recommend to purchase</b>	Cannot be used alongside antacid medication or other thickeners  Normally used up to maximum of 12 months of age unless otherwise advised by a dietitian
High energy	Infatrini Similac High Energy SMA High Energy	£2.27 for 200ml £2.13 for 200ml £2.42 for 250ml	Growth Faltering	<b>Maximum 18 months or 8kg</b>	<b>Should be under care of Paediatric Dietitian.</b>