

Suspected mild to moderate CMPA

One or more of the following:

Gastrointestinal: frequent regurgitation, vomiting, diarrhoea, constipation, anaemia

Dermatological: atopic dermatitis, urticarial (unrelated to acute infections or drugs)

Respiratory: runny nose, chronic cough, wheeze (all unrelated to infection)

General: persistent distress or colic more than 3 hours over more than 3 days over more than 3 weeks)

Formulae to trial: See prescribing guidance below.

Initial trial of Extensively hydrolysed formula (eHF) for 2-4 weeks:

< 6 months of age: ¹Alimentum, ¹Althera, ¹Aptamil Pepti 1 or ²Nutramigen LGG 1.

> 6 months of age: ¹Aptamil Pepti 2, ¹Alimentum, ¹Althera, or ²Nutramigen LGG 2.

> 6 months of age: Soya infant formula Wysoy (SMA) to be purchased from supermarket/pharmacy

If weaning, will also require a strict dairy free diet. See [Patient webinars](#), suitable for GPs and parents.

If no improvement after 2-4 weeks consider 2 week trial of different eHF from above list before considering amino acid infant formula.

THEN, If no improvement on alternative eHF, try 2-4 week trial of amino acid formula (AAF) such as Alfamino or Elecare or Nutramigen PurAmino or Neocate LCP

Challenge: If symptoms settle (after 4 weeks), challenge using [iMAP home milk challenge](#) and consider referral to Community dietitian for weaning advice.

If still symptomatic, unlikely to be only CMPA. Return to normal infant formula. Consider treating for reflux; consider referral to dietitian and/or paediatrician. **Also consider possible egg allergy.**

At 1 year of age or after 6 months symptom free undertake iMAP milk challenge at home. Continue to challenge every 3 months if cow's milk still not tolerated.

At 1 year of age or after 6 months symptom free undertake milk challenge at home. See [Patient webinars](#), suitable for GPs and parents. Challenge every 3 months if cow's milk still not tolerated.

Suspected severe CMPA

One or more of the following symptoms:

Gastrointestinal: failure to thrive due to chronic diarrhoea, or vomiting, blood in stool, anaemia due to occult or macroscopic blood loss, protein losing enteropathy (hypoalbuminaemia), endoscopic or histologically confirmed enteropathy, severe ulcerative colitis.

Dermatological: urticaria, swelling (angioedema), exudative or severe atopic dermatitis

Respiratory: acute laryngoedema or bronchial obstruction with difficulty breathing

**Systemic reactions: anaphylactic shock needs immediate hospital management
EMERGENCY TREATMENT AND ADMISSION**

Ongoing management: Formulae to trial: 0-12 months: Amino acid formula (AAF) e.g. Alfamino or EleCare or Nutramigen PurAmino or Neocate LCP (and strict milk free diet if weaning)

Challenge:

Home milk challenge **not** recommended.

Prescribing guidance

¹Alimentum, ¹Aptamil Pepti and ¹Althera– use as joint first line eHF

²Nutramigen LGG 1 & 2 and ²Neocate Syneo – **NOT** suitable for premature/immunocompromised babies

Alfamino, EleCare, Nutramigen PurAmino and Neocate LCP – Joint first line AAF

Continue infant formula as a main drink until 12 months of age

At 12 months of age change to supermarket calcium and iodine fortified soya/oat/coconut based milk substitute.

ONLY consider prescribing eHF or AAF to a maximum of 18 months of age if CMPA and poor growth/intake.

May use supermarket calcium and iodine fortified soya/oat/coconut based milk substitutes **in weaning foods from 6 months of age and as a main drink from 12 months of age.** See [patient webinars](#) for details of appropriate products

eHF (extensively hydrolysed formula)		AAF (Amino acid formula)	
Alimentum (Abbott) <small>Check availability</small>	0-12 mths Joint 1st line; lactose free	Alfamino (Nestle)	Joint 1st line AAF
Aptamil Pepti (Nutricia);	Contains lactose, Joint 1st line	EleCare (Abbott) <small>Check availability</small>	Joint 1st line AAF
SMA Althera (Nestle)	Contains lactose, Joint 1st line (may be better tolerated than Pepti due to higher hydrolysis; try before AAF with continued symptoms)	Nutramigen PurAmino (Mead Johnston)	Joint 1st line AAF
• Aptamil Pepti 1	Joint 1st line; Under 6 months of age	Neocate (Nutricia)	
• Aptamil Pepti 2	Over 6 months of age. Joint 1st line	• Neocate LCP	Joint 1st line AAF
• ² Aptamil Pepti syneo	0-6 months	• ² Neocate Syneo	Non formulary
Nutramigen LGG (Mead Johnston);	Lactose free. Similar taste to Similac Alimentum	Neocate Junior (Nutricia) -	From 1 year of age. To be used under dietetic supervision only.
• ² Nutramigen LGG 1	Under 6 months of age	Neocate Spoon (Nutricia)	Specialist weaning product. To be used under dietetic supervision only.
• ² Nutramigen LGG 2	Over 6 months of age	² Not suitable for premature or immunocompromised babies	
• ² Nutramigen LGG 3	From 1 year (non-formulary)		
Wysoy (SMA) Soya based infant formula.	May be purchased in supermarket/pharmacy for babies over 6 months of age		

Recommended quantities for fully formula fed infants per month until child reaches 12 months of age					Amino Acid Formulae
Products and prices per tin	Alimentum £10.01 Nutramigen LGG 1 £11.21 Aptamil Pepti 1 £9.87 SMA Althera £9.86 (400g tin)	Aptamil Pepti 1 £19.73 (800g tin)	Nutramigen LGG 2 £11.21 Aptamil Pepti 2 £9.41 (400g tin)	Aptamil Pepti 2 £18.82 (800g tin)	Alfamino £22.98 Elecare £22.98 Nutramigen PurAmino £22.98 Neocate LCP £22.98 Neocate Syneo £24.82 (400g tin)
0 - 3 months	8	4	Not Suitable	Not Suitable	8
4 months	11	6	Not Suitable	Not Suitable	11
6 months	10	5	10	5	10
7 – 12 months	7	4	7	4	7
May use supermarket calcium and iodine fortified soya/oat/coconut based milk substitutes in weaning foods from 6 months of age and as a main drink from 12 months of age. See patient webinars for details of appropriate products.					

Direct parents to [patient webinars](#) for stepping down from formula to purchased supermarket alternative at **12 months of age**.

May use supermarket milk substitutes as above in weaning foods from 6 months of age (suitable for mild, moderate and severe CMPA) and as a main drink after 12 months of age

Milk ladder link: [iMAP](#)

<https://patientwebinars.co.uk/children/children-webinars/child-allergy/>

<https://patientwebinars.co.uk/>

[NHS Somerset Infant Feeding Page](#)

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