

## **Policy statement: The routine prescribing of infant formula for long term use should follow an appropriate review.**

Tower Hamlet Clinical Commissioning Group (NCCG) policy statements have been developed to ensure appropriate use of NHS resources and to promote high quality evidence-based cost-effective prescribing. They support the implementation of the CCG's clinical and financial responsibilities.

### **Routine prescribing of infant formula milk should only take place after an appropriate review.**

Breastfeeding is the best form of nutrition for a good start in life for every child. Breast feeding should be encouraged for as long as possible and switch to formula milk should commence when appropriate for mother and baby or when there is a compelling reason.

In general, all new cases of milk intolerance should be referred for specialist advice, with the exception of simple cases of secondary lactose intolerance.

The Specialist should diagnose and advise on suitable formula and length of intended treatment. All suspected cases of Cows protein milk intolerance (CPMI) should be confirmed by a paediatrician who should provide a full dietary assessment. Diagnosis of CMPI may be made if symptoms resolve after 2-4 weeks on a cow's milk protein elimination diet.

#### **Recommendations**

- Breast milk is the optimal milk for infants; it should be promoted and supported wherever possible.
- Only prescribe infant formula in accordance with this policy, and only prescribe 1-2 tins initially to assess tolerance/acceptance.
- For infants who appear unsettled, colicky etc. there are a range of commercially available milks designed for easier digestion which parents are able to purchase but should not be prescribed.
- Infants presenting with reflux symptoms should be clinically reviewed and if appropriate encouraged to purchase commercial products.
- Do not prescribe Soya based formula unless recommended by a specialist.
- Do not put infant formula on repeat prescription unless clinically indicated.
- Review ongoing use at regular intervals, preferably every 2 months.

#### **Exclusions**

- Prescribe infant feeds in children that meet [ACBS criteria](#) until the infant is 1 year old, unless a shorter or longer period is indicated or there are exceptional clinical circumstance.
- Further information: Breastfeeding advice: [Click here](#)