

Newsletter Supplement: Cow's Milk Allergy Products



Context

The prescribing of Hypoallergenic Formulas for Cow's Milk Allergy in Infants has steadily risen over the past two years.

This newsletter supplement is to provide an update on the Cow's Milk Allergy products available and a summary of the associated guidance on their prescribing

There are two types of Hypoallergenic Formulas:

Extensively Hydrolysed Formulas	Amino Acid Formulas
Similac Alimentum [®] (FIRST LINE COST EFFECTIVE CHOICE)	Nutramigen AA [®]
Milupa Aptamil Pepti [®] 1 and 2	Neocate LCP [®]
Nutramigen LIPIL [®] 1 and 2	
Pepti Junior [®]	
SMA Althera [®]	

- Approximately 90% of infants with a proven diagnosis of cow's milks allergy (CMA) can be appropriately treated with an **extensively hydrolysed formula**, the remaining 10% require to be treated with the more costly amino acid formulas. Therefore in the vast majority of cases **extensively hydrolysed formulas should be prescribed first line**.
- Amino acid formulas are twice as expensive as extensively hydrolysed formulas
- Some infants e.g. those with severe or multiple allergies or those with IgE mediated cow's milk allergy will require an amino acid formula first line. Please refer to section 4 of HSCB Infant Feeding Guidelines for full details of how to diagnose and categorise CMA

http://www.hscboard.hscni.net/medicinesmanagement/Prescribing%20Guidance/045%20Infant_Feeding_Guidelines_Feb%202014.pdf

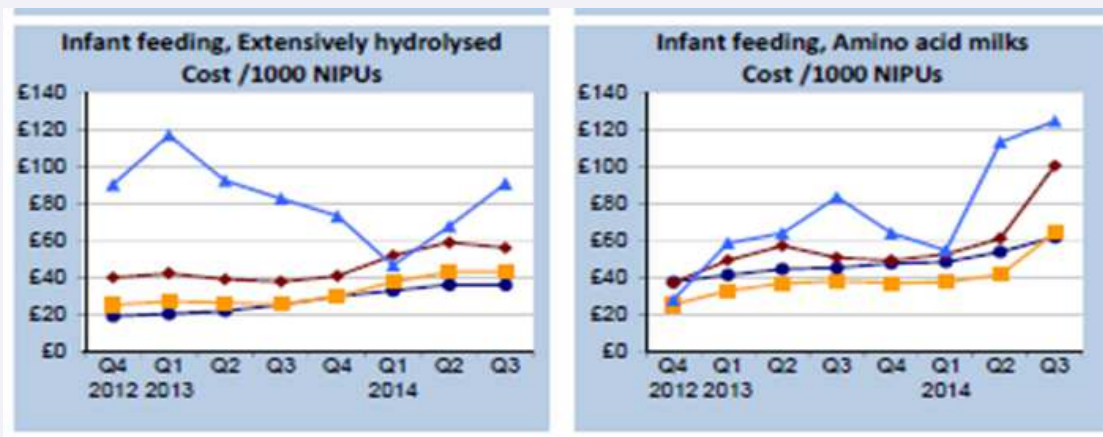
Prescribing Tips for Practices

- When prescribing hypoallergenic formulas for the first time – **give small quantities** (1 or 2 tins) to avoid wastage, as formula may not be tolerated by the infant. (See page 4.7 of Infant Feeding Guidelines for advice on the initial introduction of a hypoallergenic formula)
- **Similac Alimentum[®]** is the most cost effective choice of Extensively Hydrolysed Formula
- **Do not** put hypoallergenic formulas on repeat list
- Refer all infants started on a hypoallergenic formula to a Paediatric Dietitian
- If an infant has a true cow's milk allergy - most symptoms will settle well within 2-4 weeks of commencement of a hypoallergenic formula
- In order to confirm the diagnosis of **mild to moderate suspected non IgE CMA**, following 2-4 weeks of using a hypoallergenic formula, complete a home challenge i.e. restart cow's milk formula. See home challenge protocol on page 4.9 of Infant Feeding Guidelines (see link above)
- If symptoms return, the diagnosis of CMA is confirmed. If there is no return of symptoms, infant does not have CMA. See full detail on page 4.5 of HSCB Infant Feeding Guidelines.

How can practices review their prescribing?

1. COMPASS:

- There are two new prescribing graphs on page 12 of the COMPASS report, which show cost/1000NIPUs for the two types of hypoallergenic formulas e.g.



- These graphs will enable practices to continually review their prescribing patterns for these formulas.

2. REVIEW TOOL

- HSCB has recently published “**Prescribing Review tool for Extensively Hydrolysed and Amino Acid Formulas**”, available at: <http://primarycare.hscni.net/pdf/HSCBReviewtoolCowsMilksAllergyProductsWeb.docx>
- This review tool is particularly aimed at GP practices who have identified a need to review their prescribing in this area; either because they are high prescribers of hypoallergenic formulas, or to check if their prescribing of hypoallergenic formulas is in line with HSCB Infant Feeding Guidelines. Good communication with Health Visitors, Midwives, Paediatric Dietitians, Paediatricians and Community Pharmacists is essential to ensure continuity of care.
- It is important to note that although in many cases these formulas may not have been initiated by a GP, **practices should still review infants on these formulas to assess for continued need**. If they are unsure whether infants should remain on the formulas – they should ensure that the infant is at least attending either a **Paediatric Dietitian and/or a Paediatrician** in secondary care for review.

Neocate Advance[®] and Neocate Active[®]

These two specialised products are for use in some children older than 1 year with CMA.

Both products are high calorie and children over 1 year **DO NOT automatically** need to swap to either Neocate Advance[®] or Neocate Active[®].

These products should only be prescribed following recommendation by a **Paediatric Dietitian or a Paediatrician**.

This newsletter has been produced for GPs and Pharmacists by the Regional Pharmacy and Medicines Management Team. If you have any queries or require further information on the contents of this newsletter, please contact one of the Medicines Management pharmacists in your local HSCB office.

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