



Healthcare professional guide: Lactose free, anti-reflux and soya based baby milks

In 2013 Aylesbury Vale and Chiltern CCGs published guidance to stop prescribing all lactose free, anti-reflux and soya baby milks.

Despite this, in 2016/17 Aylesbury Vale and Chiltern CCGs still spent **£10,000** on these products, 40% of which was on **non-prescribable** products.

None of these products should be prescribed because:

- in most cases babies for whom these prescriptions are requested do not meet ACBS criteria, because the complaints for which they are requested are not proven
- all are available to purchase over the counter at similar cost to standard baby milks (products are unlikely to be stocked by pharmacies but can be ordered within 24 hours)

➔ **Any parents wishing to use any of these products should be advised to purchase them over the counter**

Please note: Every infant should, wherever possible, be breastfed for the first 6 months of life. Breast feeding should then continue, alongside the introduction of food, for at least a further 6 months.

❖ Lactose free baby milks - DO NOT PRESCRIBE

ACBS indication – “proven lactose intolerance”

❖ Lactase (for addition to formulae) - DO NOT PRESCRIBE

ACBS indication – “For the relief of symptoms associated with lactose intolerance in infants, provided that lactose intolerance is confirmed by the presence of reducing substances and/or excessive acid in stools, a low concentration of the corresponding disaccharide enzyme on intestinal biopsy or by breath hydrogen test or lactose intolerance test.”

Advice from: First Steps Nutrition Trust - Specialised infant milks in the UK: Information for health professionals July 2016*

“There is no evidence that treating secondary lactose intolerance in infants following a bout of gastroenteritis is benefited by a lactose-free milk or that lactose-free milks are of any benefit in treating colic.”

The use of lactose-free milk for the treatment of acute diarrhoea is considered by ESPGHAN to be unjustified and this has been supported by a number of studies.

Primary and congenital lactose intolerance are clinical syndromes which are ...very rare in infants and require treatment with lactose-free infant formula under medical supervision.

When the carbohydrate source is glucose rather than lactose, milks have a greater potential to cause dental caries. Parents and carers using these milks are advised to avoid prolonged contact of milk feeds with their baby’s teeth and ensure that they clean their baby’s teeth after the last feed at night.”

Product	Tin size	OTC cost per tin	OTC cost/scoop (scoop size)	Prescription cost per tin
SMA LF	430	£6.00	£0.06 (4.3g)	£5.34
Aptamil LF	400	£5.99	£0.06 (4.3g)	NON PRESCRIBABLE
Enfamil O-Lac	400	£7.35	£0.08 (4.3g)	£4.98
Colief (lactase)	7ml bottle	£11.99	£0.31 per feed	£8.40
Care Co Lactase Infant Drops	10ml bottle	£10.00	£0.17 per feed	£5.58

Standard baby milks for price comparison NB the following 3 feeds are **not** lactose free formulae

Cow & Gate 1	900	£9.00	£0.05 (4.6g)	N/A
SMA First	900	£10.00	£0.05 (4.2g)	N/A
Aptamil 1	900	£11.00	£0.06 (4.6g)	N/A

*First Steps Nutrition Trust is a charity and a focal point for objective, evidence-based information and resources about the importance of good nutrition from pre-conception to 5 years. For more information, see www.firststepsnutrition.org

All prices obtained from MIMS and major pharmacy websites 20/4/17

❖ Anti-reflux baby milks - DO NOT PRESCRIBE

ACBS indication – “significant gastro-oesophageal reflux”

Advice from: First Steps Nutrition Trust – Specialised infant milks in the UK: Information for health professionals July 2016*

“NICE guidance published in January 2015 outlines how gastro-oesophageal reflux should be diagnosed and managed in infants. Regurgitation is a common and normal occurrence in infants and does not usually need any investigation or treatment.

Whilst some studies have shown that thickened infant milk can reduce regurgitation in some infants, their use in infants with simple reflux is not supported by the ESPGHAN Committee on Nutrition.

There is also very little evidence to suggest that these milks confer any benefits with respect to acid exposure of the oesophageal mucosa or bronchopulmonary complications of gastro-oesophageal reflux. It is suggested that, where infants have simple reflux and no complications, parents and carers require advice and information rather than a different type of formula”

NB. Cow & Gate state that C&G Anti-Reflux should not be used in combination with antacids.

Mead Johnson state that Enfamil AR should not be combined with feed thickeners (such as Gaviscon Infant or Carobel).

Nutricia state that Aptamil Anti-Reflux should not be used in combination with antacids or other feed thickeners.

Product	Tin size	OTC cost per tin	OTC cost/scoop (scoop size)	Prescription cost per tin
SMA Staydown	900	£10.00	£0.05 (4.3g)	£7.80
Aptamil Anti-Reflux	900	£12.99	£0.06 (4.4g)	NON PRESCRIBABLE
Enfamil AR	400	£5.35	£0.06 (4.5g)	£3.73
Cow & Gate Anti-Reflux	900	£11.50	£0.06 (4.4g)	NON PRESCRIBABLE

Standard baby milks for price comparison NB the following 3 feeds are **not** anti-reflux formulae

<i>Cow & Gate 1</i>	<i>900</i>	<i>£9.00</i>	<i>£0.05 (4.6g)</i>	<i>N/A</i>
<i>SMA First</i>	<i>900</i>	<i>£10.00</i>	<i>£0.05 (4.2g)</i>	<i>N/A</i>
<i>Aptamil 1</i>	<i>900</i>	<i>£11.00</i>	<i>£0.06 (4.6g)</i>	<i>N/A</i>

❖ Soya based baby milk - DO NOT PRESCRIBE

ACBS indications:

- Proven lactose and associated sucrose intolerance in pre-school age children
- Proven galactokinase deficiency
- Proven galactosaemia
- Proven whole cows’ milk sensitivity

Advice from: First Steps Nutrition Trust - Specialised infant milks in the UK: Information for health professionals July 2016*

“Whilst soy protein based milks have been shown to support normal growth and development in healthy term infants, the Chief Medical Officer has recommended that soy protein based milks should not be used for infants under 6 months of age who have cows’ milk protein allergy or intolerance.

The Committee on Toxicity of Chemicals in Food, Consumer Products and the Environment (COT) concluded that the high levels of phyto-oestrogens present in soy protein based milks posed a potential risk to the future reproductive health of infants (Committee on Toxicity, 2003).

When the carbohydrate source is glucose rather than lactose, milks have a greater potential to cause dental caries. Parents and carers using these milks are advised to avoid prolonged contact of milk feeds with their baby’s teeth and ensure that they clean their baby’s teeth after the last feed at night”

Product	Tin size	OTC cost per tin	OTC cost per scoop	Prescription cost per tin
SMA Wysoy	860	£12.95	£0.07 (4.4g)	£10.31
Standard baby milks for price comparison NB the following feeds are not soya based formulae				
<i>Cow & Gate 1</i>	<i>900</i>	<i>£9.00</i>	<i>£0.05 (4.6g)</i>	<i>N/A</i>
<i>SMA First</i>	<i>900</i>	<i>£10.00</i>	<i>£0.05 (4.2g)</i>	<i>N/A</i>
<i>Aptamil 1</i>	<i>900</i>	<i>£11.00</i>	<i>£0.06 (4.6g)</i>	<i>N/A</i>

Developed by	Alison Smith, Prescribing Support Dietitian, Aylesbury Vale & Chiltern CCGs
Date ratified	October 2013 (Medicines Management JET) Reviewed May 2017 (Medicines Management Sub Committee)
Review date	May 2020