

## How to introduce hypoallergenic formula (Patient Information Leaflet)

### Introducing hypoallergenic formula

- The formula can be bitter, and your infant may not like it at first.
- To encourage infants to take it, you are likely to need to introduce your infant gradually to the formula. This is called grading.
- Please note, grading is not possible for babies suffering with **immediate symptoms of cow's milk allergy e.g. hives, lip swelling.**

For babies from around 8 weeks of age, you should grade your baby onto the formula in 1 fluid ounce (floz) increases. If they are younger babies, there may be no need to gradually introduce the new formula. One scoop of formula is added to 1floz water.

For example, if using a 5floz bottle:

Days	Volume of pre-boiled water	Number of scoops cow's milk formula	Number of scoops hypoallergenic formula
1	150ml (5floz)	4	1
2	150ml (5floz)	3	2
3	150ml (5floz)	2	3
4	150ml (5floz)	1	4
5	150ml (5floz)	0	5

### **If you are still struggling to introduce hypoallergenic formula**

- You could try adding a few drops of alcohol-free vanilla essence to flavour it and then gradually reduce the vanilla essence once accepted.
- In children over 6 months of age who are refusing hypoallergenic formula, you may need to introduce it in 1-3 tsp increments (5-15ml) per bottle per day. To do this, make up 1floz of hypoallergenic formula and add the required amount.
- Older infants are more likely to accept lactose containing whey-based extensively hydrolysed formula. Ask your GP about this if you can't get your infant to take their current formula and have tried all the above.

## How to make up the formula

Follow NHS safe practices on reconstituting formula. The NHS website has a step-by-step guide on how to do this. [How to make up baby formula - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Don't forget:

- Good hygiene is important when making up formula feeds because your baby's immune system is not fully developed.
- Add 1 litre of fresh water from the cold tap to a kettle and boil. Allow it to cool for no more than 30 minutes.
- Aim for a temperature of around 70°C.



## If using hypoallergenic formula with probiotics

eg. Nutramigen LGG, Neocate Syneo.

If your formula contains live bacteria (probiotics), you will need to make it up with boiled water which is left to cool for longer. Refer to instructions on the tin. This is to avoid destroying the bacteria and its potential benefits.

- Only do this once the infant has fully changed onto the hypoallergenic formula.
- If you are concerned about the potential increased risk of infection, please discuss with a health professional.

### **Please note:**

Hypoallergenic formula is likely to make your babies' poo turn green. Do not worry, this is normal.