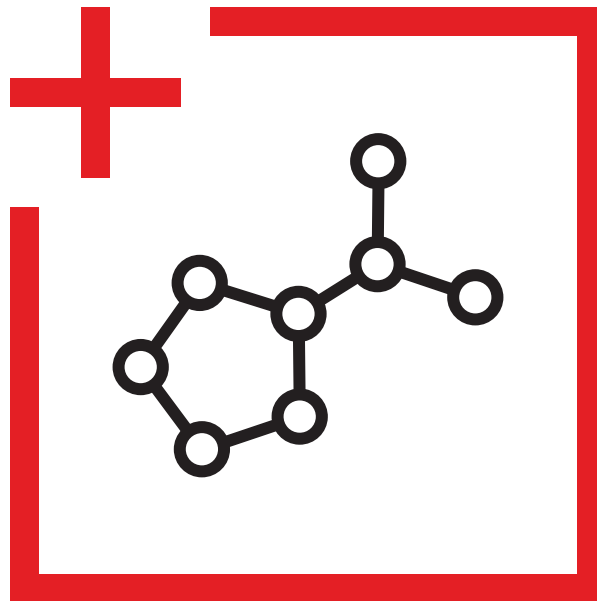


Stepping Down to an Extensively Hydrolysed Formula



Patient Name:

Dietitian:

Date:

Contact Number:



Stepping down to an extensively hydrolysed formula

This guide will help you to transition your baby from an amino acid to an extensively hydrolysed formula. It should be used alongside individualised advice from your Dietitian.

Note that changing to an extensively hydrolysed formula is not recommended if your baby has:

- a history of anaphylaxis (severe allergic reaction(s))
- faltering growth
- multiple food allergies

Why has a change in hypoallergenic formula been recommended?

This may be because an extensively hydrolysed formula is considered the most appropriate formula for the management of your baby's cow's milk allergy or an amino acid based formula may no longer be necessary.¹⁻³ There is some evidence that consumption of the low levels of cow's milk protein contained in an extensively hydrolysed formula may help babies with cow's milk allergy in developing tolerance to cow's milk.⁴

What if my baby is having an amino acid formula milk but has already started to introduce cow's milk containing foods using a 'milk ladder'?

A specialist low allergy or 'hypoallergenic' formula milk is usually recommended until around 2 years of age.¹ If your baby is already tolerating age-appropriate portions of foods from a 'milk ladder' they are also very likely to tolerate an extensively hydrolysed formula. A trial of stepping down may be therefore be appropriate unless your baby will soon be able to stop their hypoallergenic formula.

If your child is older than 1 year of age and you have been advised by your Dietitian that it is nutritionally safe for them to have over-the-counter calcium-enriched milk alternatives such as soya, oat, coconut or nut-based milk drinks as their main milk drink, you do not need to follow this guide. Your child will soon be able to stop their amino acid formula.



Preparation

DO NOT start to introduce the new formula if your child is unwell. For example:

- Any respiratory or breathing problems (including a common cold)
- Any acute tummy or bowel symptoms e.g. diarrhoea or vomiting due to an infection or 'bug'
- Any 'teething' symptoms which are causing your child to be unsettled
- Any flare-up of eczema /atopic dermatitis

DO NOT start to introduce the new formula if your child is taking any medication that may upset their bowels e.g. antibiotics

DO NOT stop any medication that your baby may be on e.g. reflux medicine

DO NOT introduce any other new foods while you introduce the new formula milk.

It is a good idea to keep a record of what your child eats and drinks as well as any symptoms you observe such as: vomiting, increased wind, bowel changes (constipation or loose stools), rashes or worsening eczema while you are introducing the new formula.

How to step down:

	Total volume of formula ml (fl. oz.)	Amino acid formula ml (fl. oz.)	Extensively hydrolysed formula ml (fl. oz.)
Day 1- 3	210ml (7 fl. oz.)*	180ml (6 fl. oz.)	30ml (1 fl. oz.)
Day 4-6	210ml (7 fl. oz.)	150ml (5 fl. oz.)	60ml (2 fl. oz.)
Day 7-9	210ml (7 fl. oz.)	120ml (4 fl. oz.)	90ml (3 fl. oz.)
Day 10-12	210ml (7 fl. oz.)	90ml (3 fl. oz.)	120ml (4 fl. oz.)
Day 13-15	210ml (7 fl. oz.)	60ml (2 fl. oz.)	150ml (5 fl. oz.)
Day 16-18	210ml (7 fl. oz.)	30ml (1 fl. oz.)	180ml (6 fl. oz.)
Day 19-21	210ml (7 fl. oz.)	0	210ml (7 fl. oz.)

*The information above can be adapted if your child is taking less than 210ml (7 fl. oz.) but try to keep the proportions similar. Your Dietitian can advise you.

You can use this mixing ratio for every bottle. The reason for the slow changeover is so that your baby can get used to the taste of the new formula and also so that you can observe for any allergic symptoms as the amount of the new formula is increased. If your baby experiences symptoms of a delayed-type allergy such as: worsening eczema, abdominal/tummy pain, increased wind, nausea, constipation or loose stools STOP the stepdown process. Go back to feeding your baby just their amino acid formula and inform your Doctor or Dietitian. Your child's symptoms should settle again within a few days.

Notes:

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References

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4. Canani B, Di Costanzo M, Bedogni G, et al. (2017) Extensively hydrolyzed casein formula containing *Lactobacillus rhamnosus* GG reduces the occurrence of other allergic manifestations in children with cow's milk allergy: 3-year randomized controlled trial. *J Allergy Clin Immunol* 139(6):1906-1913.e4.

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