

Q Ref 3 – Guide to transition from regular infant formula to hypoallergenic formula

Please note that this guideline is only to be used for infants with suspected non-IgE cow's milk allergy i.e. their symptoms present more than 2 hours after ingestion of cow's milk protein. Do not use this method if the infant presents with rapid onset symptoms (< 2 hours after ingestion of cow's milk protein) such as hives, facial swelling or anaphylaxis.

1

Protect and promote continued breastfeeding where possible

2

Give some time for babies to familiarise with new tastes:

Hypoallergenic formula smells and tastes different to breastmilk, regular infant formula and cow's milk. Adults' sense of taste and smell is different to that of babies – adults have well-established and learned food preferences, which babies do not have yet.

3

Tips to encourage transition if prolonged fussiness:

- Introduce gradually over several days – mixing small amounts in with their regular milk then gradually increase the amount of hypoallergenic formula until they get used to it e.g. start with 1oz hypoallergenic formula (1 scoop) added into regular formula or expressed breastmilk and increase by 1oz (1 scoop) as tolerated until baby is fully transitioned onto hypoallergenic formula.
- Some babies may need to be offered a few times to adapt to the new taste.
- Offer new formula when baby is hungry/thirsty but not "cranky".
- If taste is an issue, consider adding one drop alcohol-free vanilla essence per bottle of formula (on a temporary basis e.g. for 1 week).

4

Some changes can be normal:

The transition period can result in some changes as baby gets used to new formula

e.g. change in general behaviour, more frequent and looser stools of a green/dark colour, bowel movements could also reduce in frequency and they may have reduced intake for a few days.

This is normal.