

North of Tyne, Gateshead and North Cumbria Area Prescribing Committee

Guidance for the management of Preterm Infants in Primary Care 2021 (Review 2024)

An electronic version of this document can be viewed/ downloaded from the North of Tyne and Gateshead Area Prescribing Committee Website:

<http://www.northoftyneapc.nhs.uk/documents/guidelines-and-statements>

Review date	2024
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Introduction

These guidelines were developed to help assist GPs and Health Visitors on the use of prescribable infant formulae, in line with ACBS indications, for preterm infants. These guidelines advise on:

- Quantities to prescribe
- Which products to prescribe
- When onward referral to dietetic or specialist care should be considered

Contact details

Newcastle upon Tyne Foundation Trust Paediatric Dietitians	0191 2824812
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Queen Elizabeth's Hospital Gateshead Paediatric Dietitians	0191 4452074
North Cumbria Integrated Care Trust Paediatric Dietitians	01228 814794

Preterm Infants

- Breast milk post-discharge results in better cognitive outcomes in all preterm infants and is the preferred option. When breastmilk is not available, a specialized “post-discharge formula” (PDF) is started for babies born before 32 weeks gestation and weighing less than 1.5kg at birth. These infants will have had their PDF commenced on discharge from a neonatal unit.
- The PDF formulae should not be used to promote weight gain in infants who were not born prematurely and are not designed for use in term-born small for gestational age infants or those with growth faltering.

Onward Referral

- Infants born less than 32 weeks gestation will be under the care of a local paediatrician or neonatologist until 2 years of age.
- If there are concerns regarding growth whilst the infant is on this formula, at 6 months corrected age or after stopping these formulae, refer to a Paediatric Dietitian and/or the neonatal follow up team for assessment.

Review and discontinuation of treatment

- Head circumference and length should be available to health visitors from discharge information and/or developmental clinic appointments. Weight monitoring should be carried out by the Health Visitor and plotted on a growth chart (corrected for prematurity), while the infant is on PDF
- Infants who are managing good intakes of complimentary foods (e.g. 2 solid meals/day or more) may not need continued use of PDF especially if weight gain is crossing up the centiles.
- Preterm PDF should be discontinued by 6 months corrected age (EDD + 26 weeks) except where continued use has been recommended by the neonatal or dietetic team.
- Not all babies need these formulae for the full 26 weeks from expected date of delivery (EDD). Ceasing these products before 6 months corrected age may be clinically appropriate if infants are experiencing excessive weight gain.

6 months corrected age = EDD + 26 weeks

Vitamins, Iron and Breast Milk fortifier

- Northern Neonatal Network guidance on the prescribing vitamins, iron and breastmilk fortifier can be found at: <https://nornet.org.uk/files/pdf/vitamins-policy-v1.3-final-2017.pdf>

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Product Name		Suitability	Product description & cost
SMA Gold Prem 2 (SMA Nutrition)	400g	Birth to a maximum of 6 months corrected age	A nutrient rich post discharge formula to promote catch up or maintain growth in preterm infants NHS Indicative Price = £5.06 (Childrens BNF, February 2021)
Nutriprem 2 post-discharge Powder (Cow and Gate)	800g	Birth to a maximum of 6 months corrected age	A nutrient rich post discharge formula to promote catch up or maintain growth in preterm infants NHS Indicative Price = £10.64 (Childrens BNF, February 2021)
Nutriprem 2 post-discharge Liquid (Cow and Gate)	200ml	This product should not routinely be prescribed unless there is a clinical need (e.g. immunocompromised infant)	A nutrient rich post discharge formula to promote catch up growth in preterm infants 200ml(ACBS) NHS Indicative Price = £1.78 (Childrens BNF, February 2021)
SMA Gold Prem 2 liquid (SMA Nutrition)	200ml	This product should not routinely be prescribed unless there is a clinical need (e.g. immunocompromised infant)	A nutrient rich post discharge formula to promote catch up growth in preterm infants 200ml(ACBS) NHS Indicative Price = £1.68 (Childrens BNF, February 2021)