



Nutramigen LGG®

Bringing comfort back to feeding

We're here to help you and your baby with every feed.

This guide has been created for parents and carers whose baby has been prescribed Nutramigen LGG® by a healthcare professional. Nutramigen 1, 2 and 3 with LGG® are foods for special medical purposes and should only be used under the supervision of a healthcare professional.

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What is cow's milk allergy?

Cow's milk allergy (CMA) is the most common food allergy in children under 1.[1] It happens when the immune system 'overreacts' to the protein found in cow's milk.

How to spot CMA

The signs and symptoms of CMA can be immediate (within 2 hours of feeding), delayed (2–72 hours after feeding), or a mixture of both.



Immediate symptoms:

- Hives, rash, redness or itching
- Swelling of the face and hands
- Diarrhoea
- Vomiting
- Wheezing, coughing, breathing difficulties (severe cases) and anaphylaxis (most severe cases)

Delayed symptoms:

- Eczema, itching or redness
- Tummy pain
- Colic-type symptoms
- Food refusal or aversion
- Reflux or vomiting
- Constipation
- Frequent or loose poos, or poos that contain blood or mucus
- Faltering growth (severe cases)

Babies may have one or more of these symptoms, which can range from mild to severe. Some of these symptoms can be immediate, delayed or both.

Some of these symptoms can occur for reasons other than CMA, so it is important to fully discuss all symptoms and their timing with your healthcare professional.

Reference: 1. Vandenplas Y, *et al. Clin Nutr ESPEN.* 2024;59:9–20.

Meet Nutramigen LGG®

Managing cow's milk allergy

As your baby is reacting to cow's milk proteins your healthcare professional has recommended introducing Nutramigen LGG®.

Nutramigen LGG® is specially made for babies with a cow's milk allergy. It is very similar to regular infant formula, but the cow's milk protein has been broken down into smaller pieces so it is easier for your baby to tolerate.

Nutramigen LGG® also contains LGG®, a friendly bacteria that can help improve allergy-related symptoms, ease discomfort, and support your baby's long-term progress towards reintroducing cow's milk.[1,2]

Breastfeeding and Nutramigen LGG®

Breast milk gives your baby the best nutrition. If you're combining breastfeeding with Nutramigen LGG®, there's no need to stop.

If you have been advised to remove cow's milk from your own diet, speak with your healthcare professional for support and supplement recommendations.



Nutramigen 1 with LGG®

Nutritionally complete, providing everything your baby needs from birth onwards.



Nutramigen 2 with LGG®

Suitable from 6 months onwards as part of their weaning journey.



Nutramigen 3 with LGG®

Suitable from 1 year onwards as part of their weaning journey.

References: 1. Reckitt Data on File. Parental Experiences in CMA. March 2023.
2. Nocerino R, *et al. J Pediatri.* 2021;232:183–191.

What to expect

When you first start using Nutramigen LGG®, you may notice a few changes. This is completely normal and just part of your baby settling onto a new formula.

A different smell and taste

It is important to remember that your baby's sense of taste is different from your own and that babies pick up on parental cues. Remember you are introducing a new feed that tastes different, so a period of time to adjust may be needed. It is important to continue to offer the formula whilst your baby is adjusting.

Symptoms starting to settle

Symptom improvement can be seen from day one, but every baby is different.[1] How quickly your baby feels better will depend on their individual needs and sensitivity. If you haven't noticed any changes after 14 days, don't worry - speak with your doctor or dietitian. They're there to support you and can advise on the next steps.

Digestive changes

You may notice your baby's poos are more frequent, a little looser or slightly green in colour. This can be completely normal and is just your baby adjusting to a new feed. If you are concerned with any changes to your baby's poos, speak with your healthcare professional. To help with this, follow our recommendations on introducing Nutramigen LGG® gradually.

Some babies may also experience more gas as their tummy adjusts to the new formula. This is normal and should settle as their digestive system adapts to the new formula.

A bigger appetite

As your baby starts to feel better, they may begin taking larger feeds. This is a good sign – especially if they've been unsettled or previously struggled with feeding. Keep feeding on demand, unless your doctor or dietitian has advised otherwise.



Reference: 1. Reckitt Data on File. Parental Experiences in CMA. March 2023.

Moving from another formula

For some babies (especially those over 6 months), introducing Nutramigen LGG® gradually by mixing it with their usual feed can make the change easier, helping them get used to the new taste.

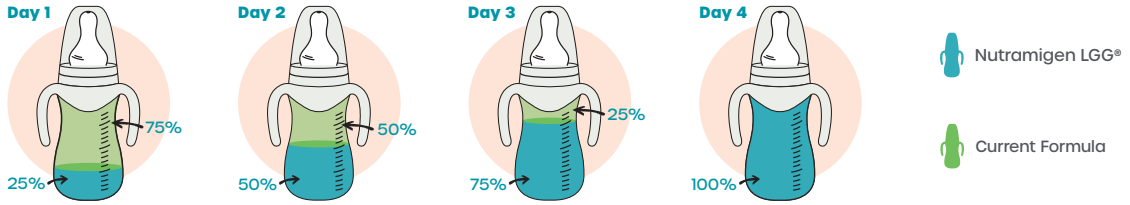
Here's how to do it:

Day 1

- Mix 25% (1/4) Nutramigen LGG® with 75% (3/4) of your baby's current formula
- Use this same combination for all feeds that day
- Prepare each formula separately first, following the instructions on each tin
- Mix them together in the right proportions

Days 2 to 4

- Each day, increase the amount of Nutramigen LGG® by 25%
- Keep going until all feeds are 100% Nutramigen LGG®
- If your baby accepts the formula combination on Day 1 but refuses on Day 2, simply go back to the previous combination and move on more slowly. You can move forward again when they're ready



A gradual transition to Nutramigen LGG® is recommended for non-IgE (delayed onset) CMA. If your baby has IgE (immediate onset) CMA, ask your dietitian or GP for support with transitioning to Nutramigen LGG®.

Tips when getting started

As with any change, it may take a little time for your baby to adjust. This is normal and because all babies are different, some babies may adjust more quickly, whilst others may take slightly longer. Below are a few tips that can help:



Start early

Aim to start your baby on their new formula as soon as you can. This helps to remove the likely trigger of their food allergy (cow's milk protein).



Offer when hungry

Continue to follow your baby's feeding cues. Try offering the new formula when they are showing signs of being hungry, which can help with acceptance.



Try a different way of serving it

If your baby is over 6 months old, they may prefer formula from an open or free-flow cup.



Use it in food when weaning

When your baby starts weaning, Nutramigen LGG® can be used in certain foods. It is not recommended to introduce new or unfamiliar foods at the same time as starting Nutramigen LGG®.



Stay calm and positive

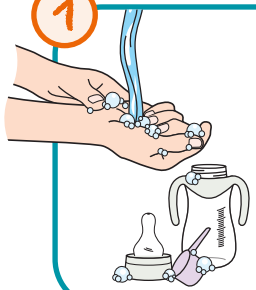
Your baby is very tuned into your voice and facial expressions. If you feel confident, they're more likely to feel comfortable too.

Preparing a feed

Preparing Nutramigen® LGG is slightly different from standard formulas you might buy in a shop or supermarket.

Always check the instructions on the tin and follow them carefully. They're there to make sure your baby gets exactly what they need.

1



Before you start

- Wash your hands thoroughly and clean the preparation area
- Sterilise all bottles, teats, caps and utensils before use

2



Boil the water

- Boil fresh tap water and leave it to cool for at least 30 minutes
- Don't use softened water
- Pour the right amount of water into a sterile bottle or cup

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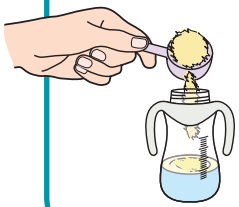
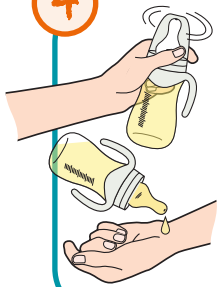


Add the powder

- Add the prescribed number of level scoops of powder
- Store the dry scoop back in the tin after use

4



Mix the feed

- Cap the bottle and shake until the powder has dissolved fully
- Check the temperature by placing a few drops on the inside of your wrist. It should not feel too warm



Storing and safety

- Prepared formula can spoil quickly, so it's important to handle it carefully
- Ideally, feed immediately after preparing. If needed, you can cover and store it in the fridge (2–4°C) for up to 24 hours. Do not freeze it or heat it in the microwave
- Use formula that has been in contact with your baby's mouth within 1 hour
- Throw away any feed that has been out of the fridge for more than 2 hours

Frequently asked questions

How long does it take to see an improvement?

Symptom improvement can be seen from day one, but every baby is different.[1] How quickly your baby feels better will depend on their individual needs and sensitivity. If you haven't noticed any changes after 14 days, speak to your doctor or dietitian.

Can I breastfeed alongside giving my baby Nutramigen LGG®?

There is absolutely no reason why you need to stop breastfeeding. Please speak with your dietitian or doctor for breastfeeding support.

My baby's poo has changed, is this ok?

You may notice your baby's poos are more frequent, a little looser or slightly green in colour. That's common and is just your baby adjusting to a new feed.

My baby won't drink Nutramigen LGG®, what should I do?

As with any change, it may take a little time for your baby to adjust. Follow our recipe guidance which combines your baby's existing formula with Nutramigen LGG®, a gradual changeover will help your baby accept the new taste.

What do I do if my baby's symptoms change or become worse?

If you have any concerns about your baby's symptoms, contact your doctor or dietitian for further support.



Reference: 1. Reckitt Data on File. Parental Experiences in CMA. March 2023.



We're here for you

You don't have to figure this out on your own.
There's plenty of support here whenever you need it.

cowsmilkallergy.co.uk
allergyuk.org/resources/cma-roadmap

Each of these websites offer helpful information to help you better understand CMA and what it means for your. For more information on feeling confident in managing your baby's CMA, see the Allergy UK online resources.

Got a question? Contact our customer care:

nutramigen.co.uk/help-centre
01895 230575

IMPORTANT NOTICE:
Breastfeeding is best for babies and the nutritional benefits of breastfeeding should be carefully considered before bottle-feeding is initiated. The decision to discontinue breastfeeding may be difficult to reverse and the introduction of partial bottle-feeding may reduce breast milk supply. However, we recognise that breastfeeding may not be an option for every mother. Where a formula for special medical purposes is required, parents should only use this after consulting a healthcare professional. Preparation should follow label instructions; failure to do so may be harmful to the health of the child.

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