

Provision of 22-calorie, lactose-free formula for infants with NAS

As part of OPQC’s non-pharmacologic treatment protocol for babies diagnosed with Neonatal Abstinence Syndrome (NAS), it is recommended that mothers of infants with NAS be encouraged to breastfeed *if* the mother is active in a treatment program, and the mother’s addiction specialist supports breastfeeding. However, when breast milk is not available, it is recommended that the infant be provided with 22-calorie, lactose-free formula.

Rationale: The higher calorie formula is designed to meet the exceptional caloric needs of infants with NAS, and may prevent the documented weight loss seen in these infants, and may allow lower use of narcotics in treatment. The higher calorie formula is only needed at the onset of withdrawal – generally for a week or less. Discontinue when weight gain is firmly established. Discharge on the higher formula will generally not be needed.

Recipe: an example of a recipe follows. Any low lactose concentrate can be used.

Similac Sensitive Concentrate (40kcal/oz, 1.33kcal/ml) is mixed with sterile water to 22kcal/oz:

Concentrate	Sterile Water	Total volume
132ml	108ml	240ml
264ml	216ml	480ml
396ml	324ml	720ml
528ml	432ml	960ml

For infants receiving breast milk, additional powder can be added to provide 22kcal/oz if the infant demonstrates excessive weight loss or inadequate weight gain:

- Add ½ teaspoon of Similac Sensitive powder per 90ml of breast milk