

Policy Statement; Prescribing of Lactase (Colief®), simeticone (Dentinox Colic Drops® and Infacol®) and gripe water is not supported in the management of infantile colic

Castle Point and Rochford and Southend Clinical Commissioning Groups do not support the prescribing of Lactase (Colief®), simeticone (Dentinox Colic Drops® and Infacol®) and gripe water in the management of infantile colic

Colief® is a dietary supplement containing the enzyme lactase, which is added to breast milk or infant formula to reduce its lactose content. Lactase use is based on the theory that some infants develop an intolerance to lactose, usually temporarily, due to a transient deficiency in lactase. Cow's milk protein allergy is a distinct condition to lactose intolerance and is managed differently. The evidence is limited that adding lactase to breast milk or infant formula to lower the lactose content may be of benefit.

Simeticone (activated dimeticone) is an antifoaming agent. Evidence of benefit is uncertain. Its use in colic is based on the theory that symptoms are caused by gas in the intestine; the antifoaming action is intended to cause gas bubbles to coalesce to make them easier to eliminate. Studies of simeticone have not demonstrated benefit in infantile colic.

Gripe water is a traditional remedy includes sodium bicarbonate with or without essential oils such as dill or fennel. Gripe water has traditionally been used for colic, although it is not licensed for this indication. There is no clinical data to support using it for infantile colic.

Recommendations

- The most useful intervention for infantile colic is support for parents and reassurance that infantile colic will resolve.
- DO NOT prescribe Colief®, Dentinox Colic Drops® or Infacol® due to the limited evidence of their effectiveness.
- Parents should be advised to buy these products over the counter from pharmacies if they want to try it but should be made aware that the supporting evidence is limited.

Providers commissioned to provide services on behalf of Castle Point and Rochford and Southend CCGs are reminded that they are required to follow the Castle Point and Rochford and Southend CCGs formulary and prescribing guidance as detailed in their contract (Medicines Management Service Specification).

For any medicines management information please refer to the Castle Point and Rochford and Southend CCG websites

Approved for use in Castle Point & Rochford and Southend CCGs	Drugs and Therapeutics Committee 7 th December 2016
Title	Infantile colic
References	PrescQIPP DROP-List. Bulletin 99 June 2015 https://www.prescqipp.info/infantile-colic-drop-list/send/167-infantile-colic-drop-list/2011-bulletin-99-infantile-colic

Reviewed and adapted for use from Mid Essex CCG Prescribing Policy Statements