

NUTRICIA

APTAMIL PEPTI PARENT GUIDE



This information is intended for parents or carers of infants who have been prescribed Aptamil Pepti by a Healthcare Professional.

IMPORTANT NOTICE: Breastfeeding is best. Aptamil Pepti 1 and Aptamil Pepti 2 are Foods for Special Medical Purposes for the dietary management of Cow's Milk Allergy. They should only be used under medical supervision, after full consideration of the feeding options available including breastfeeding. Aptamil Pepti 1 is suitable for use as the sole source of nutrition for infants from birth, and/or as part of a balanced diet from 6–12 months. Aptamil Pepti 2 is suitable for use for infants from 6 months as part of a balanced diet and as a principal source of nourishment with other foods for children. Refer to label for details.

Accurate at time of publication: March 2026.





WELCOME



Welcome to your Aptamil Pepti Parent Guide.

Inside this booklet, you will find all of the information that you will need to get your baby started on Aptamil Pepti.



?

WHAT IS APTAMIL PEPTI?

Aptamil Pepti is an extensively hydrolysed, hypoallergenic formula designed for the dietary management of cow's milk allergy.

It is similar in composition to standard infant milks, apart from the protein, which has been broken down (extensively hydrolysed) to make it suitable for infants with Cow's Milk Allergy.



WHY HAS MY BABY BEEN PRESCRIBED APTAMIL PEPTI?

Aptamil Pepti has been prescribed by your Doctor or Dietitian because your baby has been diagnosed with Cow's Milk Allergy which requires a hypoallergenic formula.





HOW LONG WILL APTAMIL PEPTI TAKE TO WORK?

After starting your baby on an extensively hydrolysed formula, such as Aptamil Pepti, you may see some symptoms start to improve within the first few days. For other symptoms it may take a little longer than this.

All babies are different and symptom resolution will depend on the severity of the allergy and the symptoms your baby has.

When you first start giving Aptamil Pepti to your baby, it is important to persevere without introducing any other formula or food, unless otherwise advised by your Doctor or Dietitian. If you do not see some symptom improvement after 14 days, please consult your Doctor or Dietitian.





GETTING STARTED



Due to their special formulation, hypoallergenic formulas such as **Aptamil Pepti** will taste and smell different to standard infant formulas. This is nothing to worry about and your baby will adapt to the new taste and smell.

In the unlikely event that your baby doesn't take to the formula straight away, it may take up to a week for them to adapt to the change.

Younger babies (less than 6 months) will generally adapt to the new taste quicker than older babies who have been on breastmilk or standard infant milk formula for longer.





PREPARATION INSTRUCTIONS



PLEASE ALWAYS CHECK THE INSTRUCTIONS ON THE LABEL AND FOLLOW THEM CAREFULLY.



STEP 1

Wash hands thoroughly and clean the preparation area. Sterilise bottles and teats according to manufacturer's instructions.



STEP 2

Boil 1 litre of fresh water. Leave kettle to cool for 30 minutes and no longer. Measure the required amount of water (refer to feeding guide) into a sterilised bottle. Be careful of scalding. Do not use artificially softened or repeatedly boiled water.



STEP 3

Using the scoop provided, level off the powder with the back of a clean dry knife. Do not press/heap the powder.



STEP 4

Add the correct measure of powder to the water. Adding too many or too few scoops can be harmful.



STEP 5

Place the sterilised teat and cap on the bottle and shake vertically and vigorously for 25 seconds to dissolve the powder.



STEP 6

Cool under running tap. Check temperature of feed. Feed immediately.



PREPARING APTAMIL PEPTI



PLEASE ALWAYS CHECK THE INSTRUCTIONS ON THE LABEL AND FOLLOW THEM CAREFULLY.



For best results:

- Aptamil Pepti should be made up as needed and prepared immediately prior to feeding.
- Formula remaining in the bottle after one hour of feeding should be discarded.
- Before using, make sure that all your utensils (i.e. bottles, steriliser, teats etc.) are thoroughly washed and sterilised. This is especially important if they have previously been used to make up another formula.



DO NOT BOIL OR USE A MICROWAVE OVEN TO PREPARE OR WARM THE FORMULA AS HOT SPOTS CAN OCCUR AND CAUSE SCALDING.





WHAT TO EXPECT WHEN FIRST USING APTAMIL PEPTI

- When your baby starts taking Aptamil Pepti, you may notice some changes to begin with as they adjust to the new type of formula.
- You may notice some initial changes to your baby's stools (poo), e.g. colour, consistency, smell and frequency, when your baby moves onto Aptamil Pepti.
- This can be common and is just your baby's body getting used to a different type of formula. These changes usually settle with time.
- They may also have an increase in appetite.

IF YOU ARE STILL CONCERNED, SPEAK TO YOUR DOCTOR OR DIETITIAN





HELPFUL HINTS & TIPS



- It may take several days or longer before you start to notice a change in your baby's symptoms. Always check with your Doctor or Dietitian if you have any concerns about your baby's symptoms after starting Aptamil Pepti.
- Introduce Aptamil Pepti as soon as possible after it has been prescribed.
- Try to make sure your baby is hungry/thirsty when introducing Aptamil Pepti for the first time.
- If your baby has delayed type reactions or is switching over from a different hypoallergenic formula, you can introduce Aptamil Pepti gradually alongside the other formula your baby is currently taking (check the next section on gradual transitioning from your current formula onto Aptamil Pepti).
- For babies that are over 6 months old and able to drink out of a beaker, try offering Aptamil Pepti from a covered beaker.
- When your baby starts to show signs that they're ready to start weaning, talk to your baby's Doctor or Dietitian who will advise you. Aptamil Pepti can also be added to weaning foods.





TRANSITIONING YOUR BABY TO APTAMIL PEPTI

- Always follow the advice from your Healthcare Professional.
 - For older babies, you may find that your baby will not accept a change in formula as easily. This is common and it can take several attempts to introduce a new taste.
 - If your baby does not successfully manage a straight switch of formula, the following simple guide has been developed to help you with this transition over time. For some children, this may need to be done quite slowly.
- Your Dietitian may advise you to make the proportions smaller or greater depending on the needs of your child. It is important to remember, however, that your child needs to fully transition over to Aptamil Pepti and stop the original formula.
 - Please see our simple transition guide as an example. Your Doctor or Dietitian may recommend a different way of introducing it, and their advice should always be followed.



USING APTAMIL PEPTI ALONGSIDE BREASTFEEDING

If your baby is taking Aptamil Pepti alongside breastfeeding ('mixed feeding'), the different taste of Aptamil Pepti and different method of drinking can sometimes be a challenge. A few tips that can help include:

- Continue to breastfeed as recommended by your Doctor or Dietitian, and always follow their advice about when and how to introduce Aptamil Pepti as a top-up feed.
- If your baby struggles to adapt to the taste of Aptamil Pepti to begin with, try expressing some breastmilk and mixing in a small amount of Aptamil Pepti to offer to your baby. The Aptamil Pepti should be made up as per instructions on the tin before adding it to the expressed breastmilk. Remember to always mix this fresh and discard any of the mixture which is not consumed from the bottle within 1 hour.

Breastfeeding is the best way to feed your baby. It is important to carefully discuss the introduction of a specialised formula such as Aptamil Pepti 1 and Aptamil Pepti 2 with your Doctor or Dietitian, and the option to continue with breastfeeding where possible. Aptamil Pepti should only be used under medical supervision.



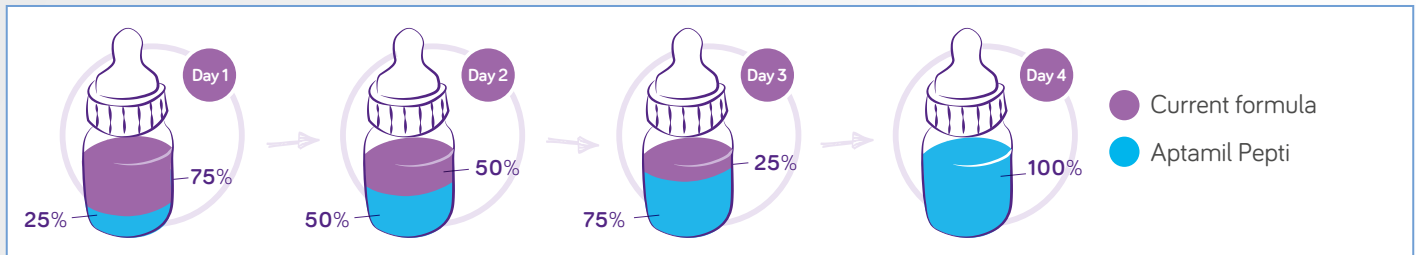


GRADUAL TRANSITIONING FROM YOUR CURRENT FORMULA ONTO APTAMIL PEPTI

In certain circumstances, particularly in infants older than 6 months, a more gradual transition onto Aptamil Pepti may be required. This is so that your child can get used to the difference in taste, or settle on the formula more easily if they are sensitive to change. This is only suitable if your baby has a delayed type of cow's milk allergy (non-IgE-mediated), or if they are changing from another hypoallergenic formula, and it should be done under the guidance of a healthcare professional.

- **Day 1.** Mix up your current formula to a total volume of 75% ($\frac{3}{4}$) of the required volume of feed. Mix up Aptamil Pepti to the remaining 25% ($\frac{1}{4}$) volume of the feed. Continue to repeat this 'recipe' for each bottle for the rest of the day.
- **Day 2.** Mix up your current formula to a total volume of 50% ($\frac{1}{2}$) of the required volume of feed. Mix up Aptamil Pepti to the remaining 50% ($\frac{1}{2}$) volume of the feed.
- **Day 3 and 4.** Continue to increase the daily volume of Aptamil Pepti by 25% per day until 100% of the formula is Aptamil Pepti.

Note: if your child accepts the mixture of formulas on day 1 and then does not accept day 2, trial day 1 again, until you have fully moved over onto Aptamil Pepti.





SUPPORTING YOU

Contact our dedicated carelines:

UK: 0800 996 1000

Republic of Ireland: 1800 22 12 34

nutricia.co.uk/patients-carers

nutricia.ie/patients-carers

A support website with advice, recipes, videos and FAQs for parents of infants who have been prescribed Aptamil Pepti

Nutricia Limited, White Horse Business Park, Newmarket Avenue, Trowbridge, Wiltshire, BA14 0XQ, UK

Nutricia Ireland Ltd, Deansgrange Business Park, Deansgrange, Co. Dublin

Accurate at date of publication: March 2026.

© Nutricia 2026



NUTRICIA

SCC4645 CL3863