

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

Thurrock CCG, and Basildon and Brentwood CCG do not support the prescribing of Lactase (Colief®), simeticone (Dentinox Colic Drops® and Infacol®) and gripe water in the management of infantile colic, and this position is supported by NHS England.

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®, Infacol®, or gripe water 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.

This position is supported by NHS England as part of conditions for which over the counter items should not routinely be prescribed in primary care.

Providers commissioned to provide services on behalf of Thurrock CCG and Basildon and Brentwood CCG are reminded that they are required to follow the local joint formulary and prescribing guidance, or relevant Medicines Management agreement.

Position Statement No.	15
Title	Prescribing of Lactase (Colief®), simeticone (Dentinox Colic Drops® and Infacol®) and gripe water is not supported in the management of infantile colic
References	1.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 2.NHS England guidance on 'Conditions for which over the counter items should not routinely be prescribed in primary care' (March 2018): https://www.england.nhs.uk/wp-content/uploads/2018/03/otc-guidance-for-ccgs.pdf
Acknowledgements	Mid Essex CCG
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Author	Medicines Management Team
Approved by	Basildon and Brentwood CCG: Prescribing Subgroup, Patient Quality and Safety Committee, Board Thurrock CCG: Medicines Management and Safety Group, Patient Quality and Safety Committee, Transformation and Sustainability Committee, Board
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