



Galactosaemia Support Group
www.galactosaemia.org

Soya Infant Formula for Infants with Galactosaemia

Galactosaemia is a rare inherited disorder which prevents the body breaking down the sugar galactose, found in milk. Babies with Galactosaemia require a galactose-free diet for life. This is not a choice. A build-up of galactose in infants can cause liver failure and cataracts. Breast milk and standard infant formula milks contain galactose in the form of lactose and therefore cannot be used. The safest option of choice for babies with Galactosaemia is a soya-based infant formula (Wysoy SMA). We therefore request that the soya infant formula is provided on prescription as part of their medical management as the option of breastfeeding is contraindicated.

Soya infant formula should continue to be prescribed into the weaning stages. It will be used to make up meals and desserts as the child is familiar with the taste as well as being used as a drink. The formula also provides vitamins and minerals, including calcium which is an essential nutrient in a milk free diet. The soya formula should be continued to be prescribed until the child can manage all their calcium from their diet or can manage a calcium supplement.

Children will be managed by a specialist centre who will monitor their diet and communicate any changes.

References

Welling et al (2017) International clinical guidelines for the management of classical Galactosaemia: diagnosis, treatment, treatment and follow-up. J Inherit Metab Dis. Mar;40(20):171-176.

*Approved by the Medical Advisory Board of the Galactosaemia Support Group UK.
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