

- having taken an Allergy-focused Clinical History

**Mild to Moderate
Non-IgE-mediated CMA
'Delayed' Onset Symptoms**

Mostly 2-72 hrs. after ingestion of cow's milk protein

Formula fed, exclusively breast fed or with onset of mixed feeding

One or more of these symptoms:

Gastrointestinal

'Colic'
'Reflux' - GORD
Food refusal or aversion
Loose or frequent stools
Perianal redness
Constipation
Abdominal discomfort, blood and/or mucus in stools in an otherwise well infant

Skin

Pruritus, erythema
Significant atopic eczema

Respiratory

'Catarrhal' airway symptoms (usually in combination with one or more of the above symptoms)

**Can be managed in
Primary Care
See
Management Algorithm**

**Severe
Non-IgE-mediated CMA
'Delayed' Onset Symptoms**

Mostly 2-72 hrs. after ingestion of cow's milk protein

Formula fed, exclusively breast fed or at onset of mixed feeding

Severe persisting symptoms of one or more of:

Gastrointestinal

Diarrhoea, vomiting, abdominal pain, food refusal or food aversion, significant blood and/or mucus in stools, irregular or uncomfortable stools +/- Faltering growth

Skin

Severe atopic eczema +/- Faltering Growth

Cow's Milk Free Diet
**Amino Acid Formula
AAF**

Advise breast feeding mother to exclude all cow's milk containing foods from her own diet and to take daily Calcium (1000mg) and Vitamin D (10mcg) supplements

Ensure:

Urgent referral to a paediatrician with an interest in allergy

Urgent dietetic referral

**Severe
IgE CMA
ANAPHYLAXIS**

Immediate reaction with severe respiratory and/or CVS signs and symptoms. (Rarely a severe gastrointestinal presentation)

**Emergency
Treatment
and
Admission**

**Mild to Moderate
IgE-mediated CMA
'Acute' Onset Symptoms**

Mostly within minutes of ingestion of cow's milk protein

Mostly formula fed or at onset of mixed feeding

One or more of these symptoms:

Skin

Acute pruritus, erythema, urticaria, angioedema
Acute 'flaring' of atopic eczema

Gastrointestinal

Vomiting, diarrhoea, abdominal pain/colic

Respiratory

Acute rhinitis and/or conjunctivitis

Cow's Milk Free Diet
Extensively Hydrolysed Formula - eHF
(Initial choice, but some infants may then need an **Amino Acid Formula - AAF** trial if not settling)

Advise breast feeding mother to exclude all cow's milk containing foods from her own diet and to take daily Calcium (1000mg) and Vit D (10mcg) supplements
IgE testing needed.

If diagnosis confirmed (which may require a Supervised Challenge) - Follow-up with serial IgE testing and later planned and Supervised Challenge to test for acquired tolerance

Dietetic referral required

If competencies to arrange and interpret testing are not in place - early referral to a paediatrician with an interest in allergy - advised