

**- 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**