**Suspected Cow’s Milk Allergy (CMA) in the 1st Year of Life**
- 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** persistent 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

**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**