Exclusively Breast-Fed

Strict Exclusion of cow’s milk containing foods from Maternal Diet
- Maternal supplements of Calcium (1000mg) and Vitamin D (10mcg) daily
- Refer to dietitian

If CMA - most symptoms will settle well within the agreed 2-4 week Elimination Diet

No Improvement

Improvement - need to confirm Diagnosis

CMA still suspected:
- Need to consider other maternal foods e.g. egg
- Refer to a paediatrician with an interest in allergy

CMA no longer suspected:
- Return to usual maternal diet
- Consider referral to general paediatricians if symptoms persist

Formula-Fed or ‘Mixed Feeding’ (Breast and Formula)

Strict Cow’s Milk Protein free Diet
- Formula-fed - Trial of an Extensively Hydrolysed Formula (eHF) in infant
- Mixed feeding - Trial of a cow’s milk free Maternal Diet
- With eHF top-ups for infant if needed
- Refer to dietitian

If CMA - most symptoms will settle well within the agreed 2-4 week Elimination Diet

Improvement - need to confirm Diagnosis

No Improvement

CMA still suspected:
- Refer to a paediatrician with an interest in allergy
- Consider a trial of AAF

CMA no longer suspected:
- Unrestricted diet again
- Consider referral to general paediatricians if symptoms persist

Home Challenge: Mum to revert to normal diet containing cows’ milk containing foods over period of one week (to be done between 2-4 weeks of starting Elimination Diet)

Perform Home Challenge using cow’s milk formula (to be done between 2-4 weeks of starting Elimination Diet)

No return of Symptoms: NOT CMA

Symptoms return

Exclude cow’s milk containing foods from maternal diet again.
- CMA NOW CONFIRMED
- If top-up formula feeds needed: Use an AAF

Return to the eHF again.
- If symptoms settle: CMA NOW CONFIRMED

Cow’s milk free diet until 9-12 months of age and for at least 6 months – with support of dietitian

A planned Reintroduction or Supervised Challenge is then needed to determine if tolerance has been achieved

Performing a Reintroduction vs. a Supervised Challenge is dependent on the answer to the question:

Does the child have Current Eczema or ANY history at ANY time of acute onset symptoms?

No Current Eczema
- And no history at any stage of acute onset symptoms
- (No need to check Serum Specific IgE or perform Skin Prick Test)
- Reintroduction at Home to test for Tolerance

And still no history at any stage of acute onset symptoms... Reintroduction at Home to test for Tolerance

Current Eczema
- Check Serum Specific IgE or Skin Prick Test to cow’s milk

Negative
- Positive (or tests not available)

Refer to a paediatrician with an interest in allergy
- (A Supervised Challenge may be needed)

History of acute onset symptoms at any time
- Serum Specific IgE or Skin Prick Test needed

Negative
- Liaise with local Allergy Service Re: Challenge

Positive
- (tests not available)