

Exclusively Breastfeeding [UK Recommendation 1st 6 months]

Strict elimination of cow's milk containing foods from maternal diet

Maternal daily supplements of Calcium and Vit D according to local recommendations
Refer to dietitian - a maternal substitute milk should be advised
If atopic dermatitis or more severe gut symptoms – consider egg avoidance as well
An agreed Elimination Trial of up to 4 weeks - with a minimum of 2 weeks.
Mothers should be actively supported to continue to breastfeed through this period.

No Clear Improvement

Clear Improvement - need to confirm Diagnosis

But - CMA still suspected:

Consider excluding other maternal foods e.g. egg

Refer to local paediatric allergy service

CMA no longer suspected:

Return to usual maternal diet
Consider referral to local general paediatric service if symptoms persist

Home Reintroduction: [NICE Quality Standard]

Mother to revert to normal diet containing cow's milk foods over period of 1 week - to be done usually between 2-4 weeks of starting Elimination Trial

No return of symptoms

NOT CMA - normal feeding

Return of symptoms

Exclude cow's milk containing foods from maternal diet again

If symptoms clearly improve:

CMA NOW CONFIRMED

If top-up formula feeds should later be needed - eHF may well be tolerated:

If not - replace with **AAF**

Symptoms do not settle

Formula Feeding or 'Mixed Feeding' [Breast and Formula]

Strict cow's milk protein free diet

Mixed feeding - If symptoms only with introduction of cow's milk-based top-up feeds – encourage and support continued breastfeeding and mother can continue to consume cow's milk containing foods in her diet – replace only required top-ups with **eHF**
Formula feeding only - Trial of an **Extensively Hydrolysed Formula (eHF)** in infant
If weaned - may need advice and support from dietitian
An agreed Elimination Trial of up to 4 weeks - with a minimum of 2 weeks

Clear Improvement - need to confirm Diagnosis

No Clear Improvement

Home Reintroduction: [NICE Quality Standard]

Using cow's milk formula

To be done usually between 2-4 weeks of starting Elimination Trial

Return of symptoms

No return of symptoms

NOT CMA - normal feeding

Support increased breastfeeding or return to eHF again

If symptoms clearly improve:

CMA NOW CONFIRMED

Ensure support of dietitian

Symptoms do not settle

But - CMA still suspected:

Consider initiating a trial of an **Amino Acid Formula (AAF)**
Refer to local paediatric allergy service

CMA no longer suspected:

Unrestricted diet again
Consider referral to local general paediatric service if symptoms persist

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 acquired

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

Does the child have **Current Atopic Dermatitis** or **ANY history at ANY time of immediate onset symptoms** ?

No Current Atopic Dermatitis

And no history at any time of immediate onset symptoms
(No need to check Serum Specific IgE or perform Skin Prick Test)

Reintroduction at Home – using a MILK LADDER

To test for Acquired Tolerance

And still no history at any stage of immediate onset symptoms

Reintroduction at Home - using a MILK LADDER

To test for Acquired Tolerance

Current Atopic Dermatitis

Check Serum Specific IgE or Skin Prick Test to cow's milk

Negative Positive

History of immediate onset symptoms at any time

Serum Specific IgE or Skin Prick Test needed

Negative

Liaise with local Allergy Service Re: Challenge

Positive or

Tests not available

Refer to local paediatric allergy service

(A Supervised Challenge may be needed)