Management of Mild to Moderate Non-IgE Cow’s Milk Allergy (CMA)
(No initial IgE Skin Prick Tests or Serum Specific IgE Assays necessary)

**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**
    - **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

  - **Clear Improvement** - need to confirm Diagnosis
    - **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

  - **CMA no longer suspected:**
    - Return to usual maternal diet
    - Consider referral to local general paediatric service if symptoms persist

- **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
    - **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
        - Symptoms do not settle
      - 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

  - **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

**Current Atopic Dermatitis**

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

**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)