

**RECOMMENDATIONS FOR THE NUTRITIONAL MANAGEMENT OF SUSPECTED COW'S MILK PROTEIN ALLERGY IN INFANTS UNDER 1 YEAR OF AGE**



**GIG**  
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Health Board

**STEP 1 CLINICAL HISTORY, EXAMINATION AND DIAGNOSIS**

Refer to IMAP guidelines on the recognition and management of CMPA - <https://www.allergyuk.org/health-professionals/mapguideline#anchor1>

Request Health Visitor feeding assessment to consider non-allergy related conditions such as Colic and Reflux

**STEP 2 TREATMENT: COW'S MILK PROTEIN EXCLUSION**

**Exclusively Breast-Fed**

- **Actively support continue breastfeeding.**
- Commence 2- 4 week cow's milk protein exclusion from maternal diet. Initial advice can be found at [https://www.bda.uk.com/foodfacts/milk\\_allergy\\_2018\\_final.pdf](https://www.bda.uk.com/foodfacts/milk_allergy_2018_final.pdf)
- Advise Mother to take **Calcium and Vitamin D supplement; Ca (1000mg) Vit D (10mcg) per day.**
- All breastfed infants require a vitamin D supplement from birth.
- **GP Review in 2-4 weeks** to determine effectiveness of treatment and **consider milk challenge to confirm diagnosis\***.
- **Following initial exclusion cow's milk should be reintroduced into the maternal diet over 1 week.**
  - If infants symptoms do not return continue with normal diet.
  - If infants symptoms return exclude cow's milk protein from maternal diet. **Refer to Paediatric dietitian for advice on nutritional adequacy of maternal diet and milk free complimentary feeding.**

**Formula Fed Infants**

- **Minimum 2 week trial of an Extensively Hydrolysed Formula (eHF) for infant (1<sup>st</sup> Line Formula)** – initial prescription of 2 x 400gm tins until tolerance is established.
- **Strict milk free diet** if infants is receiving complimentary feeding
- **GP Review in 2 weeks** to determine effectiveness of treatment

Improvement in Symptoms on eHF	No Improvement in Symptoms on eHF
<p><b>*Consider milk challenge to confirm diagnosis –</b> <a href="https://www.allergyuk.org/assets/000/001/298/Home_R_introduction_Protocol_to_Confirm_or_Exclude_Diagnosis_original.pdf?1502805714">https://www.allergyuk.org/assets/000/001/298/Home_R_introduction_Protocol_to_Confirm_or_Exclude_Diagnosis_original.pdf?1502805714</a></p> <p><b>Continue with EHF Formula – '28 day prescribing'</b></p> <p><b>Refer to Paediatric dietitian</b> to support milk free complimentary and future milk challenge</p>	<p>Consider minimum <b>2 week trial</b> of an alternative eHF formula or Amino Acid (AA) Formula Milk (2nd Line Formula)</p> <p>GP review in 2 weeks to determine effectiveness of treatment.</p>

Improvement in Symptoms on AA	No Improvement in Symptoms on AA
<p><b>*Consider milk challenge to confirm diagnosis</b></p> <p>Continue with Amino Acid Formula – '28 day prescribing'</p> <p><b>Refer to Consultant Paediatrician and Paediatric Dietitian</b></p>	<p>If AA is <b>not effective</b>, the diagnosis is <b>not CMPA</b> and differential diagnoses should be considered. The infant should return to standard formula milk.</p>

\*for infants with mild/moderate non IgE mediated reaction

**STEP 3**      **GUIDE TO PRESCRIBING INFANT FORMULA MILKS**      **(MIMS, May 2019)**

**1<sup>st</sup> LINE: Extensively Hydrolysed Formula (eHF)**

**Similac Alimentum (Abbott) – 400gm =£ 9.44**

Althera (SMA Nutrition/ Nestle) – 450gm = £11.09 (*contains lactose*)

**2<sup>nd</sup> LINE: Amino Acid Formula (AA)**

Alfamino (SMA Nutrition/ Nestle) – 400gm = £22.98

Nutramigen Puramino (Mead Johnson) – 400gm =£23.00

**STEP 4**      **GUIDE TO PRESCRIBING QUANTITIES – 28 day prescribing**

Age of infant	No of 400/450g tins per 28 days
Under 6 months	<b>Maximum 12</b>
6 - 12 months	<b>7 – 12</b>
1 - 2 years	<b>5</b> <i>Prescribe only on advice of Paediatric Dietitian/ Paediatrician</i>
Over 2 years	<i>Prescribe only on advice of Paediatrician</i>

**STEP 5**      **REVIEW & DISCONTINUATION OF FORMULA PRESCRIBED FOR CMPA**

**ALL INFANTS ON WITH A DIAGNOISIS OF COW’S MILK ALLERGY SHOULD BE REFERRED TO THE PAEDIATRIC DIETITIAN FOR CLINICAL MANAGEMENT (NICE, 2015).**

**NPT Paediatric Referral Form**



Paediatric N&D  
Outpatient Referral

**Morrison Paediatric Referral Form**



Paediatric N&D  
Outpatient Referral


- Please contact the Nutrition and Dietetics Department for advice on Specialist Milks suitable for infants requiring a halal, vegan or vegetarian formula milk,
- Infants known to the dietetic service will be supported with a cow’s milk reintroduction plan at around 12 months of age. The majority of infants should be able to discontinue specialist formulas at around this age.
- Infants on a prescribed formula milk who are consuming milk containing foods such as cow’s milk, cheese, yoghurt, ice cream, custard, chocolate, cream, butter should be **refer to Dietitian**, as they are unlikely to need a prescribed formula milk.
- Review any prescription if product usage is greater than suggested for age.
- Prescriptions of eHF and AA formula milks should not continue beyond 2 years of age – unless advised by a Paediatrician
- Parents/ carers or health care professionals with any queries can also contact the Nutrition and Dietetic Team on our dedicated email [ABM.PaediatricDietitians@wales.nhs.uk](mailto:ABM.PaediatricDietitians@wales.nhs.uk).

\*for infants with mild/moderate non IgE mediated reaction



**Swansea Bay University Health Board  
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