Presentation of Suspected Cow’s Milk Allergy (CMA) in the 1st Year of Life
Having taken an Allergy-focused Clinical History and Physically Examined

Mild to Moderate Non-IgE-mediated CMA
Mostly 2-72 hrs. after ingestion of Cow’s Milk Protein (CMP)
Usually formula fed, at onset of formula feeding. Rarely in exclusively breastfed infants

Severe Non-IgE-mediated CMA
Mostly 2-72 hrs. after ingestion of Cow’s Milk Protein (CMP)
Usually formula fed, at onset of mixed feeding. Rarely in exclusively breastfed infants

Cow’s Milk Free Diet
Exclusively breast feeding mother*
If symptomatic, trial exclusion of all Cow’s Milk Protein from her own diet and to take daily Calcium & Vit D
Formula fed or ‘Mixed Feeding’*
If mother unable to revert to fully breastfeeding, trial of Extensively Hydrolysed Formula - eHF

Severe IgE CMA
ANAPHYLAXIS
Immediate reaction with severe respiratory and/or CVS signs and symptoms.
(Rarely a severe gastrointestinal presentation)
Emergency Treatment and Admission

Cow’s Milk Free Diet
Support continued breast feeding where possible.
If infant symptomatic on breast feeding alone, trial exclusion of all Cow’s Milk Protein from maternal diet with daily maternal Calcium & Vit D as per local guidance. If infant asymptomatic on breast feeding alone, do not exclude cow’s milk from maternal diet.

Formula fed or ‘Mixed Feeding’*
If mother unable to revert to fully breast feeding 1st Choice - Trial of Extensively Hydrolysed Formula – eHF
Infant soy formula may be used over 6 months of age if not sensitised on IgE testing

If diagnosis confirmed (by IgE testing or a Supervised Challenge in a minority of cases):
Follow-up with serial IgE testing and later Planned Challenge to test for acquired tolerance
Dietetic referral required

UK NICE Guidance - If competencies to arrange and interpret testing are not in place - early referral to local paediatric allergy service advised

*Mild to Moderate...