

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
 An agreed Elimination Trial of up to 4 weeks - with a minimum of 2 weeks.
 If severe atopic dermatitis or more severe gut symptoms – consider soy/egg avoidance as well, only with specialist advice
Mothers should be actively supported to continue to breastfeed through this period*.

No Clear Improvement **Clear Improvement - need to confirm Diagnosis**

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

Strict cow's milk protein free diet

If symptoms only with introduction of cow's milk-based feeds – encourage & support return to breastfeeding*. Mother can continue to consume cow's milk containing foods in her diet. If symptoms settle on return to full breast feeding, reconsider diagnosis if symptoms return on future milk exposure. If symptoms suspected from breastfeeding alone, see Box left.
 If **any** formula feeds are required, advise an eHF. Agree an Elimination Trial of up to 4 weeks (minimum of 2 weeks) and assess improvement. **Reintroduction of cow's milk is required to confirm diagnosis.** If weaned - may need advice & support from dietitian. Only follow algorithm further in infants receiving eHF/on diagnostic elimination diet trial.

Clear Improvement - need to confirm diagnosis **No Clear Improvement**

But - CMA still suspected:

Refer to local paediatric allergy service

 Consider excluding other maternal foods eg soy, egg only with specialist advice

CMA no longer suspected:

Return to usual maternal diet
 Consider referral to local general paediatric service if symptoms persist. Visit gpifn.org.uk for advice about other infant feeding issues.

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

Symptoms do not settle

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

Home Reintroduction: [NICE Quality Standard]
Using cow's milk formula
 To be done usually between 2-4 weeks of starting Elimination Trial. Refer to iMAP reintroduction leaflet.

Return of symptoms

No return of symptoms
NOT CMA - normal feeding

Symptoms do not settle

Support breastfeeding or if not possible, 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

As likelihood of sufficient cow's milk protein passage into breast milk to trigger reactions is low, in breast fed cases, complete milk exclusion may not be required.

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 **Positive** or
 Liaise with local Allergy Service Re: Challenge Tests not available

And still no history at any stage of immediate onset symptoms
Reintroduction at Home - using a MILK LADDER
 To test for Acquired Tolerance

Negative **Positive**

Refer to local paediatric allergy service
 (A Supervised Challenge may be needed)

*Breast milk is the ideal nutrition for infants & hence continued breastfeeding should be actively encouraged as far as is possible. WHO recommends breastfeeding until 2 years and beyond. Mothers should be offered support of local NHS breastfeeding support services & signposted to further support. Please refer to iMAP patient information leaflet on supporting breast feeding.