**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
  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**

  **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
  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

- **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.

- **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**
  **Positive or Tests not available**

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

  **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. Refer to iMAP reintroduction leaflet.
  Return of symptoms
  No return of symptoms

  **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

**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?**

- **Positive**
  **Negative**

- **History of immediate onset symptoms at any time**
  Serum Specific IgE or Skin Prick Test needed

  **Negative**
  **Positive or Tests not available**

  **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.

---

May 2019

UK Adaptation of iMAP Guideline for Primary Care and ‘First Contact’ Clinicians