Managing non-IgE Cow's Milk Protein Allergy (CMPA) in Infants Pathway

NHS Nottinghamshire Area Prescribing Committee

Symptoms suggest CMPA

No immediate reactions non-IgE mediated (2-72hours)

- Acute immediate reaction IgE mediated (0-2hours)

Exclusively breastfed

If at all possible, encourage exclusive breastfeeding

Formula Fed or mixed feeding

Trial of Maternal strict milk free diet

Trial of Extensively Hydrolysed Formula (EHF)

1. Trial first line formula
2. Advise milk free diet if started solids
3. If mixed feeding mum should trial milk free if symptoms persist on first line

1. Trial first line AA formula
2. Advise milk free diet if started solids
3. If mixed feeding mum should trial milk free if symptoms persist on first line

Referral to Secondary Care

Review after minimum 4 weeks

EHF not accepted	**Some improvement**	**Improvement**	**No improvement**
Consider alternative EHF	Consider trial of Amino Acid Formula If breastfeeding, consider removing soya	Confirm diagnosis with home milk challenge	Consider trial of Amino Acid Formula or Consider alternative diagnosis if already on AA formula

CMPA Confirmed

Formula Fed:
- Prescribe suitable formula

Breastfed:
- Advise mother to take 10 µg Vit D and calcium supplement. Requirements 1000-1200mg

Refer to relevant paediatric dietetics service.

Symptoms return

Yes

No → Not CMPA stop milk free diet

If challenge not complete, please contact relevant paediatric dietetic department

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Non IgE mediated
(Mostly 2-72hours)

- Diarrhoea/Constipation
- Nausea
- Reflux
- Vomiting
- Blood or mucus in stools
- Wind
- Eczema

Cow's Milk Protein Allergy signs & Symptoms

IgE mediated
(Immediately – 2hours)

- Runny/blocked nose
- Swelling face/lips/eyes
- Swallowing/breathing issues
- Immediate Hives/Urticaria

Formula formulary

Extensively Hydrolysed Formula (eHF)

- First Line: Nutramigen LGG 1
- Second Line: SMA Althera

Amino Acid Formula

- First Line: SMA Alfamino
- Second Line: Neocate LCP

Milk challenge

You should reintroduce standard formula gradually using the table below as a guide.
If symptoms return, then stop the reintroduction and give the prescribed formula again. If breastfed, mum should reintroduce dairy back into her diet gradually.

	Volume of boiled water ml (fl oz)	Prescribed formula ml (fl oz)	Cows milk formula ml (fl oz)
Day 1	210ml (7 fl oz)	180ml (6 fl oz) in 1st bottle only	30ml (1 fl oz) in 1st bottle only
Day 2	210ml (7 fl oz)	150ml (5 fl oz) in 1st bottle only	60 (2 fl oz) in 1st bottle only
Day 3	210ml (7 fl oz)	120ml (4 fl oz) in 1st bottle only	90ml (3 fl oz) in 1st bottle only
Day4	210ml (7 fl oz)	90ml (3 fl oz) in 1st bottle only	120ml (4 fl oz) in 1st bottle only
Day 5	210ml (7 fl oz)	60ml (2 fl oz) in 1st bottle only	150ml (5 fl oz) in 1st bottle only
Day 6	210ml (7 fl oz)	30ml (6 fl oz) in 1st bottle only	180ml (6 fl oz) in 1st bottle only
Day 7	210ml (7 fl oz)	0	210ml (1 fl oz) in 1st bottle only

If milk challenge failed, refer to Community Paediatric Dietetics

Produced by Paediatric Dietitians. Accessibility checked. Contains tables and flow charts which may not be accessible to screen readers.

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