

RECOMMENDATIONS FOR THE NUTRITIONAL MANAGEMENT OF SUSPECTED MILD TO MODERATE NON-IGE MEDIATED COW'S MILK (PROTEIN) ALLERGY (CMA) IN INFANTS UNDER 1 YEAR OF AGE



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STEP 1

CLINICAL HISTORY, EXAMINATION AND DIAGNOSIS

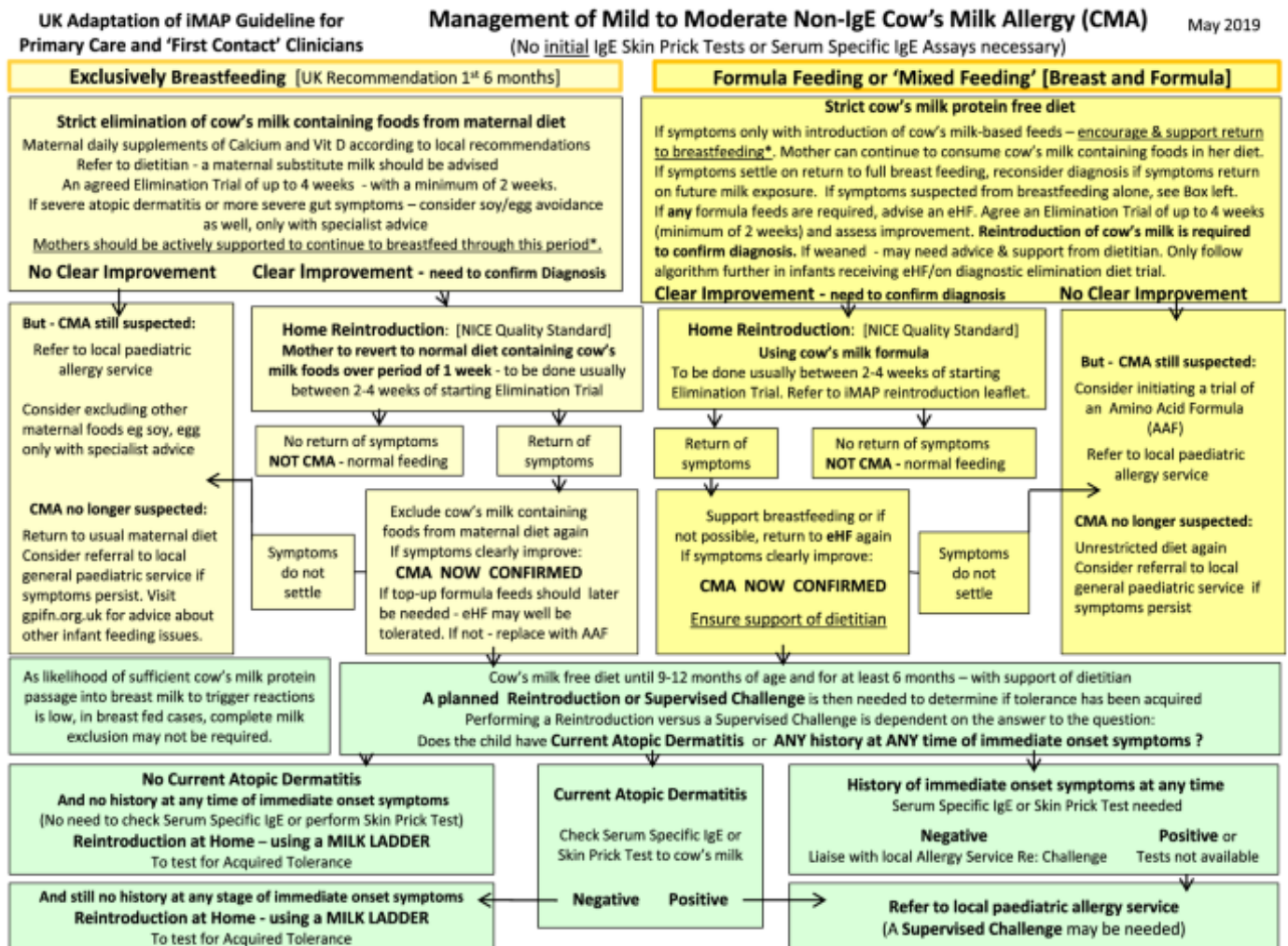
Request Health Visitor feeding assessment to consider non-allergy related conditions such as Colic and Reflux

Refer to IMAP guidelines on the recognition and management of CMA

<https://gpifn.files.wordpress.com/2019/10/imap-presentation-algorithm-1.pdf>

STEP 2

TREATMENT: COW'S MILK PROTEIN EXCLUSION



*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.

STEP 2 cont.	TREATMENT: EXCLUSIVELY BREASTFED INFANTS
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- Mothers should be actively supported to continue to breastfeed
- Primary care clinician to provide first line advice sheets
bda.uk.com/resourceLibrary/printPdf/?resource=milk-allergy
bda.uk.com/resourceLibrary/printPdf/?resource=calcium
<https://gpifn.files.wordpress.com/2019/10/imap-supporting-breastfeeding-factsheet.pdf>
https://gpifn.files.wordpress.com/2019/10/imap_patient_factsheet_original.pdf
- Consider Home Reintroduction to confirm CMA diagnosis
[Home Reintroduction to Confirm CMA Diagnosis](#)
- Refer to the Paediatric Dietitians using attached referral information
[Nutrition and Dietetics Paediatric Outpatient Referral Form](#)

STEP 2 cont.	TREATMENT: FORMULA FED OR MIXED FEEDING
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- Primary care clinician to provide a prescription of a first line extensively hydrolysed formula milk i.e. Nutramigen 1 LGG, SMA Althera, Aptamil Pepti 1, Aptamil Pepti Syneo.

Age of infant	Number of 400g tins per 28 days
Under 6 months	Maximum 12
6 - 12 months	7 – 12
1 - 2 years	5 <i>Prescribe only on advice of Paediatric Dietitian/ Paediatrician</i>
Over 2 years	<i>Prescribe only on advice of Paediatrician</i>

- Consider Home Reintroduction to confirm CMA diagnosis
[Home Reintroduction to Confirm CMA Diagnosis](#)
- Refer to the Paediatric Dietitian when CMA has been confirmed
[Nutrition and Dietetics Paediatric Outpatient Referral Form](#)

If an amino acid formula milk is indicated prescription quantities should be as described above. Suitable amino acid formula would include SMA Alfamino, Neocate LCP, Neocate Syneo, Nutramigen Puramino.

STEP 3	MILK CHALLENGE AND DISCONTINUATION OF SPECIALIST FORMULA
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ALL INFANTS KNOWN TO THE NUTRITION AND DIETETIC SERVICE AT DIAGNOSIS WILL BE SUPPORTED WITH MILK FREE WEANING ADVICE AND TIMELY MILK RE-INTRODUCTION AT AROUND 1 YEAR OF AGE.

THE MAJORITY OF INFANTS WILL DISCONTINUE THE SPECIALIST FORMULA MILK AT AROUND 1 YEAR OF AGE. THIS IS NOT ROUTINELY ASSESSED BY THE DIETITIAN.

Please contact the dietitians for advice regarding:

- Specialist milks suitable for infants requiring a halal, vegan or vegetarian formula milk,
- Infants on a prescribed formula milk who are tolerating milk containing foods such as cow's milk, cheese, yoghurt, ice cream, custard, chocolate, cream, butter, as they are unlikely to need a prescribed formula milk.
- Any prescribed product usage that is greater than suggested for age.
- Prescriptions of extensively hydrolysed formula (eHF) and amino acid (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 SBU.PaediatricDietitians@wales.nhs.uk



Swansea Bay University Health Board

Authorisation Form for Publication onto COIN

PLEASE ENSURE THAT ALL QUESTIONS ARE ANSWERED – IF NOT APPLICABLE PLEASE PUT N/A

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