

## 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

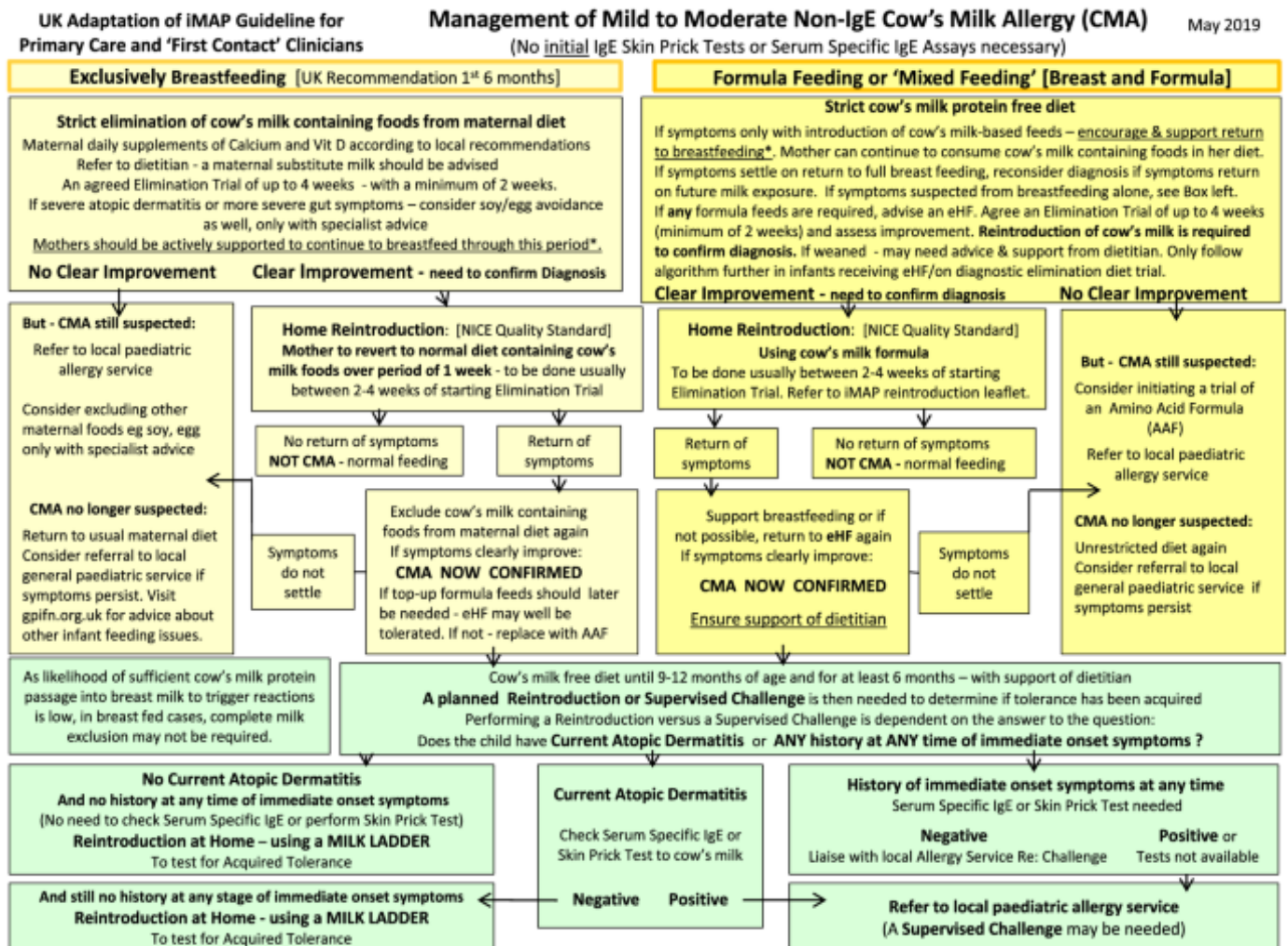
Request Health Visitor feeding assessment to consider non-allergy related conditions such as Colic and Reflux

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 |
|--------------|------------------------------------------|

- 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](http://bda.uk.com/resourceLibrary/printPdf/?resource=milk-allergy)  
[bda.uk.com/resourceLibrary/printPdf/?resource=calcium](http://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](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 |
|--------------|-----------------------------------------|

- 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<br><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 |
|--------|----------------------------------------------------------|

**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](mailto: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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