

RECOMMENDATIONS FOR THE NUTRITIONAL MANAGEMENT OF SUSPECTED COW'S MILK PROTEIN ALLERGY IN INFANTS UNDER 1 YEAR OF AGE



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STEP 1 CLINICAL HISTORY, EXAMINATION AND DIAGNOSIS

Refer to IMAP guidelines on the recognition and management of CMPA - <https://www.allergyuk.org/health-professionals/mapguideline#anchor1>

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

STEP 2 TREATMENT: COW'S MILK PROTEIN EXCLUSION

Exclusively Breast-Fed

- **Actively support continue breastfeeding.**
- Commence 2- 4 week cow's milk protein exclusion from maternal diet. Initial advice can be found at https://www.bda.uk.com/foodfacts/milk_allergy_2018_final.pdf
- Advise Mother to take **Calcium and Vitamin D supplement; Ca (1000mg) Vit D (10mcg) per day.**
- All breastfed infants require a vitamin D supplement from birth.
- **GP Review in 2-4 weeks** to determine effectiveness of treatment and **consider milk challenge to confirm diagnosis***.
- **Following initial exclusion cow's milk should be reintroduced into the maternal diet over 1 week.**
 - If infants symptoms do not return continue with normal diet.
 - If infants symptoms return exclude cow's milk protein from maternal diet. **Refer to Paediatric dietitian for advice on nutritional adequacy of maternal diet and milk free complimentary feeding.**

Formula Fed Infants

- **Minimum 2 week trial of an Extensively Hydrolysed Formula (eHF) for infant (1st Line Formula)** – initial prescription of 2 x 400gm tins until tolerance is established.
- **Strict milk free diet** if infants is receiving complimentary feeding
- **GP Review in 2 weeks** to determine effectiveness of treatment

| Improvement in Symptoms on eHF | No Improvement in Symptoms on eHF |
|---|---|
| <p>*Consider milk challenge to confirm diagnosis – https://www.allergyuk.org/assets/000/001/298/Home_R_introduction_Protocol_to_Confirm_or_Exclude_Diagnosis_original.pdf?1502805714</p> <p>Continue with EHF Formula – '28 day prescribing'</p> <p>Refer to Paediatric dietitian to support milk free complimentary and future milk challenge</p> | <p>Consider minimum 2 week trial of an alternative eHF formula or Amino Acid (AA) Formula Milk (2nd Line Formula)</p> <p>GP review in 2 weeks to determine effectiveness of treatment.</p> |
| | |
| Improvement in Symptoms on AA | No Improvement in Symptoms on AA |
| <p>*Consider milk challenge to confirm diagnosis</p> <p>Continue with Amino Acid Formula – '28 day prescribing'</p> <p>Refer to Consultant Paediatrician and Paediatric Dietitian</p> | <p>If AA is not effective, the diagnosis is not CMPA and differential diagnoses should be considered. The infant should return to standard formula milk.</p> |
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*for infants with mild/moderate non IgE mediated reaction

STEP 3 **GUIDE TO PRESCRIBING INFANT FORMULA MILKS** (MIMS, May 2019)

1st LINE: Extensively Hydrolysed Formula (eHF)

Similac Alimentum (Abbott) – 400gm =£ 9.44

Althera (SMA Nutrition/ Nestle) – 450gm = £11.09 (*contains lactose*)

2nd LINE: Amino Acid Formula (AA)

Alfamino (SMA Nutrition/ Nestle) – 400gm = £22.98

Nutramigen Puramino (Mead Johnson) – 400gm =£23.00

STEP 4 **GUIDE TO PRESCRIBING QUANTITIES – 28 day prescribing**

| Age of infant | No of 400/450g 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> |

STEP 5 **REVIEW & DISCONTINUATION OF FORMULA PRESCRIBED FOR CMPA**

ALL INFANTS ON WITH A DIAGNOISIS OF COW’S MILK ALLERGY SHOULD BE REFERRED TO THE PAEDIATRIC DIETITIAN FOR CLINICAL MANAGEMENT (NICE, 2015).

NPT Paediatric Referral Form



Paediatric N&D
Outpatient Referral

Morrison Paediatric Referral Form



Paediatric N&D
Outpatient Referral

- Please contact the Nutrition and Dietetics Department for advice on Specialist Milks suitable for infants requiring a halal, vegan or vegetarian formula milk,
- Infants known to the dietetic service will be supported with a cow’s milk reintroduction plan at around 12 months of age. The majority of infants should be able to discontinue specialist formulas at around this age.
- Infants on a prescribed formula milk who are consuming milk containing foods such as cow’s milk, cheese, yoghurt, ice cream, custard, chocolate, cream, butter should be **refer to Dietitian**, as they are unlikely to need a prescribed formula milk.
- Review any prescription if product usage is greater than suggested for age.
- Prescriptions of eHF and 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 ABM.PaediatricDietitians@wales.nhs.uk.

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Authorisation Form for Publication onto COIN**

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

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|---|---|
| COIN ID. | CID2440 |
| Title. | Recommendations for the Nutritional Management of Suspected Cow's Milk Protein Allergy in Infants Under 1 Year of Age |
| Name and Signature of Author/Chair of Group or Committee. | [redacted] on behalf of the Paediatric Nutrition Group |
| Name and Signature of Lead Pharmacist. | N/A |
| Please specify whether the document is New, Revised or a Review of a previous version. | Revised |
| Please specify the section on COIN where you wish the document to be published. | Support Services/Nutrition/Documents |
| Please sign to confirm that the document has been authorised by an approved governance process in a specialty or delivery unit. | N/A |
| Has NICE guidance been considered/referenced when producing this guidance? If yes, please state the title or reference number. | N/A |
| Is the document relevant to the GP Portal? | Yes |
| Equality Statement (Mandatory for Policies). ⁽¹⁾ | N/A |
| Please specify keywords to assist with searching. ⁽²⁾ | Cow's Milk Protein Allergy |
| Published. | January 2017 |
| Last Review. | June 2019 |
| Next Review/Expiry Date. | June 2021 |

(1) All policies need to comply with the Policy for the production, consultation, approval, publication and dissemination of strategies, policies, protocols, procedures and guidelines

(2) Relevant keywords will assist COIN users with searching for documents.

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