Mild to Moderate Non-IgE-mediated CMA ‘Delayed’ Onset Symptoms

Mostly 2-72 hrs. after ingestion of CMP Formula fed, exclusively breast fed or at onset of mixed feeding

One, or often, more than one of these symptoms:

Gastrointestinal
‘Colic’
Vomiting - ‘Reflux’ - GORD
Food refusal or aversion
Loose or frequent stools
Perianal redness
Constipation
Abdominal discomfort,
Blood and/or mucus in stools in an otherwise well infant

Skin
Pruritus, erythema
Significant atopic eczema

Respiratory
‘Catarrhal’ airway symptoms
(usually in combination with one or more of the above symptoms)

Can be managed in Primary Care
See Management Algorithm

Severe Non-IgE-mediated CMA ‘Delayed’ Onset Symptoms

Mostly 2-72 hrs. after ingestion of CMP Formula fed, exclusively breast fed or at onset of mixed feeding

Severe persisting symptoms of one or more of:

Gastrointestinal
Diarrhoea, vomiting, abdominal pain, food refusal or food aversion, significant blood and/or mucus in stools, irregular or uncomfortable stools.
+/- Faltering growth

Skin
Severe Atopic Eczema +/- Faltering Growth

Severe IgE CMA ANAPHYLAXIS

Immediate reaction with severe respiratory and/or CVS signs and symptoms.
(Rarely a severe gastrointestinal presentation)

Emergency Treatment and Admission

Cow’s Milk Free Diet
Amino Acid Formula - AAF
Advising breast feeding mother to exclude all CMP from her own diet and to take daily Calcium (1000mg) and Vitamin D (10mcg) supplements

Ensure:
Urgent referral to a paediatrician with an interest in allergy
Urgent dietetic referral

Cow’s Milk Free Diet Extensively Hydrolysed Formula - eHF
(Initial choice, but some infants may then need an Amino Acid Formula - AAF trial if not settling)

Advising breast feeding mother to exclude all CMP from her own diet and to take daily Calcium (1000mg) and Vitamin D (10mcg) supplements

IgE testing needed.

If diagnosis confirmed (which may require a Supervised Challenge) – Follow-up with serial IgE testing and later planned and Supervised Challenge to test for acquired tolerance

Dietetic referral required

If competencies to arrange and interpret testing are not in place - early referral to a paediatrician with an interest in allergy - advised

Mild to Moderate IgE-mediated CMA ‘Acute’ Onset Symptoms

Mostly within minutes of ingestion of CMP Mostly formula fed or at onset of mixed feeding

One or more of these symptoms:

Skin
Acute pruritus, erythema, urticaria, angioedema
Acute ‘flaring’ of atopic eczema

Gastrointestinal
Vomiting, diarrhoea, abdominal pain/colic

Respiratory
Acute rhinitis and/or conjunctivitis

Cow’s Milk Free Diet
Extensively Hydrolysed Formula - eHF
(Initial choice, but some infants may then need an Amino Acid Formula - AAF trial if not settling)

Advising breast feeding mother to exclude all CMP from her own diet and to take daily Calcium (1000mg) and Vitamin D (10mcg) supplements

IgE testing needed.

If diagnosis confirmed (which may require a Supervised Challenge) – Follow-up with serial IgE testing and later planned and Supervised Challenge to test for acquired tolerance

Dietetic referral required

If competencies to arrange and interpret testing are not in place - early referral to a paediatrician with an interest in allergy - advised

Suspected Cow’s Milk Allergy (CMA) in the 1st Year of Life - having taken an Allergy-focused Clinical History

TB/AF/NS/CV/JW Oct 2013