Managing Cow's Milk Protein Allergy (CMPA) Pathway

Healthier Together

NHS

Symptoms suggest CMPA (see diagnosis page) - Commonly:

- History / Family history of atopy
- Symptoms involving 2 or more systems

Mild to moderate Symptoms

- No immediate reactions *(usually non-IgE mediated)*

Exclusively breastfed

If at all possible, encourage exclusive breastfeeding

Formula Fed or mixed feeding

Trial of Maternal strict milk free diet (Click here)

Trial of Extensively Hydrolysed Formula (EHF)

1. Prescribe 2 tins, e.g. Similac Alimentum or Nutramigen, Aptamil Pepti, Althera initially (more tins may be needed before the 2 weeks review if quickly accepted)
2. Advise milk free diet if started solids (Click here)

Severe Symptoms And /or

- Acute reaction *(Usually IgE mediated)*

Referral to secondary care

Include Allergy Focused History (Click here)

Secondary Care led

1. Maternal dairy free diet and/Or
2. Suitable formula, e.g. **SMA Alfamino or Wysoy if >6m**
3. Milk free diet if started solids
4. Clear communication and f/up plans

Review after minimum 2 weeks

EHF not accepted

Consider alternative EHF (see formulary)
Or
Trial of soya formula if >6months
Advise Wysoy OTC

Some Improvement

Consider extending trial for a further 2 weeks
Or Consider excluding Soya as well if started solids (Click here)
Or Consider trial of Amino Acid formula

Improvement

Confirm diagnosis with Home Milk Challenge (Click here)

No improvement

Consider alternative diagnosis **Or**

Consider referring to, or seek advice from secondary care

Symptoms return

YES

CMPA diagnosed

Formula fed:
- Prescribe suitable formula (Or advise Wysoy OTC)

Breastfed:
- Advise mother to take daily 1000 mg Calcium + 10 µg (400IU) Vit D OTC

- Provide with resources/signpost to websites
- Refer to trained Professional or Paediatric Dietitian

NO

Not CMPA Stop milk free diet

- Continue strict milk free diet until about 1 year of age, or for 6 months after diagnosis (NICE, 2011)
- Advise on re-introduction of milk proteins using the Milk Ladder (Click here)