



**Exclusively Breast-­‐Fed**

**Primary Care Management of Mild to Moderate Non-­‐IgE CMA**

(No initial IgE Skin Prick Tests or Serum Speciﬁc IgE Assays necessary)

**Symptoms do not settle**

Unrestricted diet again Consider referral to general paediatricians if symptoms persist

**CMA no longer suspected:**

**CMA still suspected:**

Refer to a paediatrician with an interest in allergy Consider a trial of **AAF**

Return to **t**he **eHF** again.

**If symptoms settle: CMA NOW CONFIRMED**

**No return of Symptoms:**

**NOT CMA**

**Perform Home Challenge using cow’s milk**

**formula**

(to be done between 2-­‐4 weeks of starting Elimination Diet)

**Refer to a paediatrician with an interest in allergy**

(A **Supervised Challenge** may be needed)

**Negative Positive**

Liaise with local Allergy Service Re: Challenge (or tests not available)

**History of acute onset symptoms at any time**

Serum Speciﬁc IgE or Skin Prick Test needed

**Current Eczema**

Check Serum Speciﬁc IgE or Skin Prick Test to cow’s milk

**Negative Positive**

need to check Serum Speciﬁc IgE or perform Skin Prick T

**Reintroduction at Home** – **using a MILK LADDER**

To test for Tolerance

**And no history at any stage of acute onset symptoms**

(No est)

**No Current Eczema**

Cow’s milk free diet until 9-­‐12 months of age and for at least 6 months – with support of dietitian

**A planned Reintroduction or Supervised Challenge** is then needed to determine if tolerance has been achieved Performing a Reintroduction vs. a Supervised Challenge is dependent on the answer to the question:

Does the child have **Current Eczema** or **ANY history at ANY time of acute onset symptoms ?**

Exclude cow’s milk containing foods from maternal diet again.

**If symptoms settle: CMA NOW CONFIRMED**

If top-­‐up formula feeds needed: Use an **AAF**

**Symptoms do not settle**

**No return of Symptoms: NOT CMA**

**Home Challenge: Mum to revert to normal diet containing cow’s milk containing foods over period of one week** (to be done between 2-­‐4 weeks

of starting Elimination Diet)

**CMA no longer suspected:**

Return to usual maternal diet Consider referral to general paediatricians if symptoms persist

**CMA still suspected:**

Need to consider other maternal foods e.g. egg

Refer to a paediatrician with an interest in allergy

**Strict Cow’s Milk Protein free Diet**

Formula-­‐fed -­‐ Trial of an **Extensively Hydrolysed Formula (eHF)** in infant

Mixed feeding -­‐ Trial of a cow’s milk free Maternal Diet

With **eHF** top-­‐ups for infant if needed

Refer to dietitian

If CMA -­‐ most symptoms will settle well within the agreed 2-­‐4 week Elimination Diet

**Improvement -­‐ need to conﬁrm Diagnosis No Improvement**

**Improvement -­‐ need to conﬁrm Diagnosis**

**No Improvement**

**Strict Exclusion of cow’s milk containing foods from Maternal Diet**

Maternal supplements of Calcium (1000mg) and Vitamin D (10mcg) daily

Refer to dietitian

If CMA -­‐ most symptoms will settle well within the agreed 2-­‐4 week Elimination Diet

**Formula-­‐Fed or ‘Mixed Feeding’ (Breast and Formula)**

**Symptoms return**

**Symptoms return**

**And still no history at any stage of acute onset symptoms**

**Reintroduction at Home -­‐ using a MILK LADDER**

To test for Tolerance

**Tower Hamlets Children and Young People Guideline  
*Reflux***

**Document Control Information**

This document was created collaboratively between Tower Hamlets CCG and Barts Health NHS Trust. The document has been approved locally for use within the London Borough of Tower Hamlets.

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**Document Overview**

This document acts as a guideline and advises on the pathway and procedures which need to be followed when diagnosing and referring patients for treatment. This guideline should be used in conjunction with the users’ clinical judgement.

**Safeguarding**Concerns about Safeguarding should be managed as per LSCB/London Child Protection Procedures and   
Click [Here](http://gp.towerhamletsccg.nhs.uk/clinical-services/SAFEGUARDING_CHILDREN_HOME_PAGE.htm)  
NICE Guidance to be used where appropriate. - <https://www.nice.org.uk/guidance/cg89>

**Investigations**Investigation names and acronyms marked with \* are noted as per the TQuest system input.