

Referring to Local Services

All patients with suspected/confirmed cow's milk allergy (CMA) should be referred to a paediatric dietitian.

This is essential as a dairy-free diet may be lower in energy, protein, calcium, vitamin B12 and iodine than a normal diet, requiring bespoke dietetic support.

The role of a paediatric dietitian in CMA

- Support the diagnosis of non-IgE CMA using appropriate dairy challenge e.g. iMAP Home Challenge
- Provide breastfeeding mothers with information on a nutritionally adequate dairy-free diet **if required**.
- Provide dairy-free complementary feeding advice.
- Support with gradual re-introduction of dairy using the iMAP Milk Ladder at the appropriate age, and transitioning onto an appropriate plant-based milk alternative in place of hypoallergenic formula (HF).

The role of the paediatric prescribing support dietitian (PSD) in South East London (SEL)*

- Run Telephone Non-IgE CMA Rapid Access Clinic (RAC)
- Support pathways for the management of CMA as set out by SEL guidelines.
- Improve cost-effectiveness of HF prescribing practices, as well as the quality of care provided to patients with suspected/ confirmed CMA.
- Support practices in ensuring all prescriptions are appropriate, indicated, the correct volume and they are stopped at the appropriate time.
- Contact parents or parent/ guardian of the patients where appropriate, to support the above, as part of GP audits.
- Provide training on CMA to GPs, health visitors, pharmacists and secondary care.

*Not available in Greenwich. Please refer to the Oxleas Community Dietitians for similar service

Borough	Local Allergy clinic	Telephone Non IgE-mediated CMA RAC or similar local service	Local Dietetic services	Health visitors and breastfeeding support
When to refer	Any child who presents with IgE-mediated Allergy symptoms and/or multiple food allergies (please check local guidance).	Any child under 14 months of age with suspected non-IgE CMA, meeting referral criteria. See Referral Form for Telephone Non IgE-mediated CMA RAC and Pathway for Telephone Non IgE-mediated CMA RAC	Any child with suspected/ confirmed CMA who does not meet criteria for Telephone Non IgE-mediated CMA RAC (e.g. older than 14 months or growth faltering) or Allergy clinic.	Any mother that wishes to breastfeed but is having difficulties or needs support.
Bexley	All referrals via e-RS. Paediatric Allergy Clinic, Darent Valley Hospital, Darent Wood Road, Dartford, DA2 8DA Tel: 01322 428100 Please also refer to Local Dietetic service (Darent Valley Dietetics)	Telephone Non IgE-mediated CMA RAC All referrals via eRS (from GPs) or email (non-GPs only). Use Referral Form for Telephone Non IgE-mediated CMA RAC or on DXS under clinic name below e-RS instruction for GPs: Speciality: Dietetics Clinic Type: Food allergy and intolerance Clinic name: Telephone non IgE-mediated cow's milk allergy rapid access clinic, Email instruction for non-GPs only: Send form to selmaracreferrals@nhs.net <i>(referrals from GPs will not be accepted via this email)</i> Contact: gst.prescribingsupportdietitians@nhs.net <i>(for queries only - referrals cannot be accepted via this email).</i>	Department of Nutrition and Dietetics at Darent Valley Hospital, Darent Wood Road, Dartford, DA2 8DA Tel: 01322 428439 Email: dgn-tr.dvhdietitians@nhs.net	Health visitors Bexley 0-4 Children's Public Health Service Breastfeeding support Tel: 0300 330 5777 Email: bromh.bexley0to19@nhs.net Bexley-BF-Info-1016.pdf <i>(kentbabymatters.org)</i>
	All referrals via e-RS. Paediatric Allergy Service, Queen Elizabeth Hospital, Stadium Road, SE18 4QH Tel: 020 8836 6222			
Bromley	All referrals via eRS. Paediatric Allergy Service, Princess Royal University Hospital, Farnborough Common, Orpington, BR6 8ND Tel: 01689 864065 Email: kch-tr.br-referrals@nhs.net	Telephone Non IgE-CMA RAC All referrals via eRS (from GPs) or email (non-GPs only). Use Referral Form for Telephone Non IgE-mediated CMA RAC or on DXS under clinic name below e-RS instruction for GPs: Speciality: Dietetics Clinic Type: Food allergy and intolerance Clinic name: Telephone non IgE-mediated cow's milk allergy rapid access clinic, Email instruction for non-GPs only: Send form to selmaracreferrals@nhs.net <i>(referrals from GPs will not be accepted via this email)</i> Contact: gst.prescribingsupportdietitians@nhs.net <i>(for queries only - referrals cannot be accepted via this email).</i> OR	Community: Bromley Healthcare, Beckenham Beacon, 379 Croydon Road, Beckenham, BR3 3QL Email: BROMH.childrensdietitians@nhs.net Tel: 0300 330 5777 Acute: Paediatric Dietitians, Princess Royal University Hospital, Farnborough Common, Orpington, BR6 8ND Tel: 01689 865743 Email: kch-tr.Paediatricdietitianspruh@nhs.net	Health visitors Bromley 0-4 years Public Health Service Breastfeeding support Tel: 0300 330 5777 Email: bromh.bromley0to19@nhs.net Bromley Breastfeeding groups

Approval date: January 2026

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		<p>Community dietitians: Bromley Healthcare, Beckenham Beacon, 379 Croydon Road, Beckenham, BR3 3QL Email: BROMH.childrensdietitians@nhs.net Tel: 0300 330 5777</p>		
Greenwich	<p>All consultant referrals for allergy clinic via eRS except dietetic referrals. Paediatric Allergy Service, Queen Elizabeth Hospital, Stadium Road, SE18 4QH Tel: 020 8836 6222</p>	<p>Community dietitians: Oxleas Children's Nutrition and Dietetics Service, Memorial Hospital, Shooter Hill, SE18 3RZ Email: oxl-tr.childrenstherapies@nhs.net Tel: 0208 836 8621 option 2</p>	<p>Community: Oxleas Children's Nutrition and Dietetics Service, Memorial Hospital, Shooter Hill, SE18 3RZ Email: oxl-tr.childrenstherapies@nhs.net Tel: 0208 836 8621 option 2</p> <p>Acute: Dietetics Department, Inpatient Therapies Centre, 1st Floor, Queen Elizabeth Hospital, Stadium Road, London, SE18 4QH Tel: 020 8836 5062 Email: LG.QE-Dietitians@nhs.net</p>	<p>Health visitors Greenwich 0 to 4 years Health Visiting service</p> <p>Breastfeeding support Tel: 0300 330 5777 Email: bromh.greenwich0to4admin@nhs.net</p> <p>Infant feeding clinics: Greenwich 0 to 4</p>
Lambeth and Southwark	<p>Children's Allergy Service 2nd Floor, Block B, South Wing, St Thomas's Hospital, Westminster Bridge Road, SE1 7EH Tel: 020 7188 3300 Email: gst-tr.allergy paediatrics@nhs.net</p> <p>All referrals via eRS.</p> <p>Paediatric Allergy Service Third floor, Cheyne Wing, King's College Hospital, Denmark Hill, London, SE5 9RS Tel: 020 3299 4647 Email: kch-tr.kingspaedallergy@nhs.net</p> <p>All referrals via eRS.</p>	<p>Telephone Non IgE-mediated CMA RAC All referrals via eRS (from GPs) or email (non-GPs only). Use Referral Form for Telephone Non IgE-mediated CMA RAC or on DXS under clinic name below</p> <p>e-RS instruction for GPs: Speciality: Dietetics Clinic Type: Food allergy and intolerance Clinic name: Telephone non IgE-mediated cow's milk allergy rapid access clinic, Email instruction for non-GPs only: Send form to selmaracreferrals@nhs.net (referrals from GPs will not be accepted via this email) Contact: gst.prescribingsupportdietitians@nhs.net (for queries only - referrals cannot be accepted via this email).</p>	<p>Children's Dietetic Service, Nutrition and dietetics, 3rd floor, South Wing St Thomas' Hospital, Westminster Bridge Road, SE1 7EH Email: gst-tr.paediatricdietitians@nhs.net</p> <p>All referrals via eRS</p> <p>Paediatric Dietitians, Unit 6, The Business Park, Kings College Hospital, Denmark Hill, SE5 9RS Email: kch-tr.PaediatricDieteticReferrals@nhs.net Direct line (referrals, appointments): 0203 299 1812 Answer machine and direct line for children's dietitians: 020 3299 4434</p>	<p>Health Visitors Lambeth & Southwark Health Visitor teams</p> <p>Lambeth Tel: 020 3049 5300 Email: gst-tr.spahealthvisitingsercivelambeth@nhs.net</p> <p>Southwark Tel: 020 3049 8166 Email: gst-tr.spahealthvisitingservicesouthwark@nhs.net</p> <p>Breastfeeding Breastfeeding support for Lambeth & Southwark Email: gst.maternitybreastfeedingservice@nhs.net</p>
Lewisham	<p>Children's Allergy Clinic, University Hospital Lewisham, Lewisham High Street, SE13 6LH Tel: 020 3192 6824 Allergy Nurse Specialist: 023 8192 6144 Email: LG.PaedAllergy@nhs.net</p> <p>All referrals via eRS – Clinic name: Children's Allergy RAS</p>	<p>Telephone Non IgE-mediated CMA RAC All referrals via eRS (from GPs) or email (non-GPs only). Use Referral Form for Telephone Non IgE-mediated CMA RAC or on DXS under clinic name below</p> <p>e-RS instruction for GPs: Speciality: Dietetics Clinic Type: Food allergy and intolerance Clinic name: Telephone non IgE-mediated cow's milk allergy rapid access clinic, Email instruction for non-GPs only: Send form to selmaracreferrals@nhs.net (referrals from GPs will not be accepted via this email) Contact: gst.prescribingsupportdietitians@nhs.net (for queries only - referrals cannot be accepted via this email).</p>	<p>Nutrition and Dietetic Department, Suite 9, University Hospital Lewisham, Lewisham High Street, SE13 6LH Email: tlh-tr.LewishamDietetics@nhs.net Tel switch board: 020 8333 3000 Tel dietetic department: 020 8333 3314</p>	<p>Health visitors Lewisham Health Visitors</p> <p>Breastfeeding Breastfeeding hubs in Lewisham Email: lg.breastfeedingvirtualhubs@nhs.net</p>

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Helpful links	<p>The clinic can be found on eRS under: Clinic name: Telephone non IgE-mediated cow's milk allergy rapid access clinic, Speciality: Dietetics, Clinic Type: Food allergy and intolerance. Referral Form for Telephone Non IgE-mediated CMA RAC Pathway for Telephone Non IgE-mediated CMA RAC</p>	<p>To determine growth faltering see https://cks.nice.org.uk/topics/faltering-growth/background-information/definition/²³</p> <p>For WHO growth charts see https://www.rcpch.ac.uk/resources/uk-who-growth-charts-0-4-years²⁴</p>	<p>For breast feeding and bottle feeding advice, visit the UNICEF baby friendly pages: www.unicef.org.uk/BabyFriendly/ https://www.firststepsnutrition.org/</p>
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