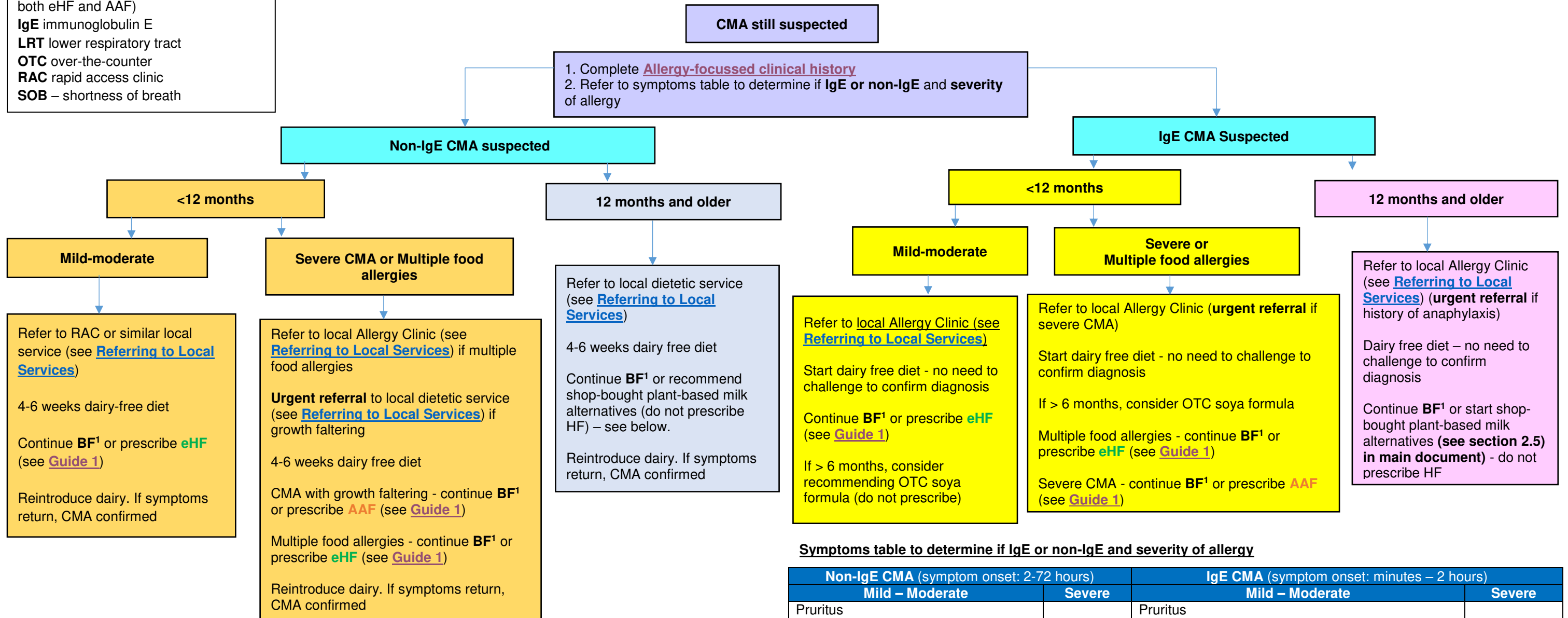


Abbreviations:
CMA cow's milk allergy
BF breastfeeding.
eHF extensively hydrolysed formula
AAF amino acid formula
HF hypoallergenic formula (includes both eHF and AAF)
IgE immunoglobulin E
LRT lower respiratory tract
OTC over-the-counter
RAC rapid access clinic
SOB – shortness of breath

Algorithm 1: Diagnosis and Management of Cow's Milk Allergy Quick Reference for GPs

Presentation with possible CMA symptoms – Rule out other causes
 1. Refer to BF service or health visiting team (see [Referring to Local Services](#)) for support with feeding if appropriate
 2. 2-week trial of 1st-line interventions (NICE Guidance) for **common conditions in infancy** (see Section 2.2 in main document) e.g. colic, reflux, constipation, eczema

Protect, promote and support breastfeeding.
 Maternal dairy free diet is **not** recommended if no symptoms when exclusively breastfeeding



Volume Tables:

1. Volume required if mixed-fed (Based on daily intake of formula as reported by carer)

oz/day	ml/day	g/28 days
10oz	300ml	1600g
14oz	400ml	2000g
17oz	500ml	2400g
20oz	600ml	2800g
24oz	700ml	3200g
27oz	800ml	3600g
30oz	900ml	4000g
33oz	1000ml	4400g
36oz	1100ml	4800g

2. Volume required if exclusively formula fed

Age	g/28 days
0-3 months	4000g
3-6 months	5200g
6-9 months	4000g
9-12 months	3200g
12-14 months	2400g

Shop-bought plant-based milk alternatives suitable for >12 months:
 Soya-, oat-, coconut- and pea-based drinks enriched with calcium.
Not suitable:
 Rice-based milk alternative, organic and low-calorie varieties (e.g. "light")
See section 2.5 in main document for further information.

Symptoms table to determine if IgE or non-IgE and severity of allergy

Non-IgE CMA (symptom onset: 2-72 hours)		IgE CMA (symptom onset: minutes – 2 hours)	
Mild – Moderate	Severe	Mild – Moderate	Severe
Pruritus Erythema Atopic eczema		Pruritus Erythema Urticaria Flaring of persistent atopic eczema	
GORD Diarrhoea Blood/mucous in stools Abdominal pain Infantile colic Feeding difficulties Constipation	Faltering growth	Angioedema Oral pruritus Extreme colicky abdominal pain Vomiting Diarrhoea	Faltering growth
Cough, chest tightness, wheezing, or SOB		Nasal itching, sneezing, rhinorrhoea, or congestion Cough, chest tightness, wheezing, or SOB	Anaphylaxis

All of Approval date: May 2022 – Amendments July 2023

Review date: May 2024 (or sooner if evidence or practice changes)

Not to be used for commercial or marketing purposes. Strictly for use within the NHS.