

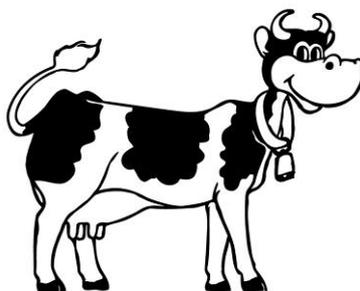
Does My Child Have Cow's Milk Protein Allergy

Advice for parents and carers whose children may have a cow's milk protein allergy

Some children are allergic to the protein in cow's milk. This is called cow's milk protein allergy or CMPA. They may have symptoms which appear immediately (within 2 hours) e.g. swollen lips, tongue, hives, or symptoms which may be delayed (taking up to 48 hours to appear). Delayed symptoms may include diarrhoea, constipation, colic, vomiting, blood or mucous in stools, or poor weight gain.

There are no reliable tests to diagnose a delayed CMPA. Usually a trial of a cow's milk free diet followed by a re-challenge with cow's milk after 4 weeks is the best way to decide whether your child has an allergy to cow's milk protein. **This trial can be done at home unless your child has had an immediate reaction to cow's milk.**

An allergy to cow's milk is not the same as lactose intolerance. Products which are lactose free are not free from cow's milk protein.



If your child is bottle fed, a suitable cow's milk protein free formula will be prescribed **and tried for 4 weeks**. For example:

If your child is less than 6 months old they may be prescribed Nutramigen 1 with LGG or if your child is more than 6 months old they may be prescribed Nutramigen 2 with LGG.

Due to their special formulation Nutramigen formulas smell and taste differently to standard formulas. Gradual introduction of the formula should help your child accept it better. For example, a Nutramigen formula may be introduced for a baby on 6fl oz feeds of normal formula:

Day 1 3 fl oz of Nutramigen LGG mixed with 3 fl oz of normal formula

Day 2 4 fl oz of Nutramigen LGG mixed with 2 fl oz of normal formula

Increase by 1 fl oz of Nutramigen LGG per bottle per day as tolerated.

Soya formulas should be avoided. These are not recommended for babies under 6 months old. Following introduction of Nutramigen LGG, infants may experience looser, green stools. This is quite normal.

If your child has already started on solids it is important to make sure they are milk free too. Check labels carefully to ensure foods are milk free.

Cow's milk can be labelled in many ways, therefore **avoid foods which contain:**

Dairy Foods

Cow's milk, all kinds - evaporated, dried, fresh, UHT, condensed

Yoghurt, fromage frais

Cheese

Lactose free formula e.g. SMA LF, Enfamil-o-lac

Lactose free milk, cheese, yoghurts, desserts

Margarine, butter, ghee

Ice Cream

Cream - fresh, artificial cream, creme fraiche

Milk puddings e.g. custard, rice pudding

Foods containing the following ingredients:

Butter milk, butter oil, butter fat	Milk sugar
Casein (curds), caseinates	Milk solids
Calcium Caseinate	Modified milk
Hydrolysed Casein	Non-fat milk solids
Hydrolysed Casein	Sodium caseinate
Hydrolysed whey protein	Whey, whey solids
Lactose	Whey protein
Lactoglobulin	Whey powder
Lactoalbumin	Whey sugar
Milk protein	Whey syrup sweetener

Products change, so you should check the labels each time you use them. Labelling regulations mean that any product containing milk should have it clearly highlighted on the label in **bold**, *italics* or underlined.

What next?

Try to keep your child on the cow's milk protein free diet for 4 weeks.

If symptoms do not improve, it is unlikely your child has a cow's milk protein allergy and you should discuss this with your GP or health visitor.

If your child's symptoms get better, it is likely they have a cow's milk protein allergy but to confirm this re-challenge with normal formula. For example, for a baby on 6 fl oz feeds of Nutramigen LGG, replace 1 fl oz Nutramigen with 1 fl oz of normal formula in each bottle and increase by 1 fl oz each day as tolerated:

Day 1 5 fl oz Nutramigen LGG, 1 fl oz Standard formula

Day 2 4 fl oz Nutramigen LGG, 2 fl oz Standard formula

If any of your child's previous symptoms return go back to making up their bottles with just Nutramigen LGG and inform your GP or health visitor who will refer you to a paediatric dietitian.