

Patient information

Guidance for parents on the use of special hypoallergenic milk formula for Non breast fed infants with suspected cow's milk protein allergy

This leaflet is NOT for infants diagnosed with or suspected Immediate IgE milk allergy

Introduction

Your child has been identified as possibly having a cow's milk protein allergy. This is because they are having persistent symptoms such as vomiting, severe colic / abdominal pain, diarrhoea, blood in stool, difficulty passing stool, worsening eczema, rashes, poor weight gain / aversive feeding (usually more than one symptom).

These symptoms can also be caused by other medical reasons (e.g. infection, reflux and in some cases can be normal for your child), therefore you are being advised to exclude cow's milk for a 3 WEEK TRIAL to see if the symptoms your child is having maybe due to cow's milk protein.

Please follow the advice below.

- 1) You will be given a special infant formula to use that does not contain whole cow's milk protein. You should change 'all your infants' feeds to this formula. Infants may take a couple of days to accept the new taste, but it is important you persist with offering it.
- 2) If your infant is already taking solid food, check the label of these and exclude any that say COWS MILK on the ingredients list and avoid foods made from milk e.g. cheese, yoghurt.
- 3) Fill in your record sheet so that you can note any change of symptoms
- 4) After 3 weeks, follow the guidance on retrying your normal formula. This is important as many infants can have symptoms that get better on their own and do not need to continue with cow's milk exclusion.
- 5) Your GP or other health professional will assess whether your infant continues with the special formula and arrange further monthly prescriptions if needed. Occasionally if symptoms have not improved, a different infant formula maybe given for a further 2 weeks. (Quantity of milk for a 3-week trial will be 6-9 tins)

If your infant experiences immediate symptoms on the first day of retrying standard formula that include rash (itchy hives), swelling or cough you should return to giving the special formula only and contact your GP

Guidance on how to reintroduce standard infant formula following a 3 week trial of cow's milk exclusion for non-breast fed infants with suspected cow's milk protein intolerance.

Dairy exclusion	Give special hypoallergenic formula and milk free solids
Day 1 of milk challenge	Give 1 teaspoon of <i>standard</i> formula. After 3 hours give 15ml (½ oz) <i>standard</i> formula at one feed
Day 2	Give 30ml (1oz) <i>standard</i> formula at one feed
Day 3 & 4	Give 30ml (1 oz) <i>standard</i> formula at ALL feeds
Day 5	Replace half of all feeds with standard formula
Day 6 (And continue unless you are advised to change)	Replace all feeds with <i>standard</i> formula

Symptoms Recording chart – please complete and discuss with your health care professional or GP at the end of the trial

	Describe any symptoms	Describe frequency (e.g. every feed, daily, night only)
Before starting cow's milk exclusion		
During milk exclusion		
On reintroduction of standard formula		

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Accessibility

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