

# Milk-free trial and re-challenge information for formula fed children with suspected non-IgE CMPA

## Information for patients

Department of Nutrition & Dietetics – Royal Hospital for Children and Young People



Your child has a suspected non-IgE cow's milk protein allergy (CMPA). 'Non-IgE' means that the symptoms usually appear 2-72 hours after eating or drinking cow's milk protein.

This leaflet will explain how to trial a cow's milk-free diet and then reintroduce (re-challenge) cow's milk to confirm or exclude the allergy.

### Confirming/excluding CMPA in a formula fed child

This is done by trialling a cows' milk-free diet for a period of 4-6 weeks, followed by gradual re-challenge of milk into the diet.

1. Do NOT start the re-challenge if your child is unwell: e.g. any respiratory or breathing problems (this includes a common cold) any tummy, bowel or teething symptoms, if your child has atopic dermatitis/eczema – any current flare-up of the skin.
2. DO NOT stop any medication that your child may be on e.g. reflux medicine, laxatives.
3. Please wait 7 days after any immunisations before starting the re-challenge.
4. DO NOT introduce any other new foods during the re-challenge.

### Trialling a cow's milk free diet

Your child's usual formula will be replaced by an allergy formula prescribed by a GP for 4-6 weeks.

There are 2 main types of allergies formula:

1. Extensively Hydrolysed (eHF)
2. Amino Acid (AA)

90% of children with CMPA tolerate eHF formula and this is the first line prescribed by a GP. AA is only prescribed if your child is not growing or putting on weight as expected +/- severe eczema or ongoing symptoms despite change to eHF.

### Re-challenge of cow's milk

After 4-6 weeks, re-challenge cow's milk to confirm the diagnosis of CMPA.

This is done by reintroducing standard formula into your child's diet using the following protocol:

<b>Day 1</b>	<b>Into each bottle – replace 1 scoop of allergy formula for a scoop of cows' milk infant formula.</b>
<b>Day 2 to 7</b>	<b>Each day, increase the number of scoops of standard formula in each bottle and continue to replace 1 scoop each day until all bottles have moved across to standard formula.</b>

**From day 2 onwards:**

Days	Volume of boiled water	Hypoallergenic Formula No. of Scoops	Cows' Milk Infant Formula No. of Scoops
Day 2	180mls (6oz)	4	2
Day 3	180mls (6oz)	3	3
Day 4	180mls (6oz)	2	4
Day 5	180mls (6oz)	1	5
Day 6	180mls (6oz)	0	6

Continue with this challenge if your child is symptom-free. If the symptoms return, **STOP** the reintroduction. Give only the prescribed formula again and inform your doctor or dietitian. Your child's symptoms should settle again within a few days and the diagnosis of cow's milk protein allergy is now confirmed.

If the symptoms you are noticing are non-specific e.g., unsettledness, please continue with the challenge for a further 5 days to ensure the symptoms are happening more than once (reproducible). As we all know, children can be unsettled for so many reasons. By waiting to see if the symptoms continue, this ensures we are not restricting your child's diet unnecessarily.

A slight change in stools is normal when making changes to the diet. However, if this progresses to watery stools several times a day or constipation (hard pebble-like stools), please stop the reintroduction.

**If you are breastfeeding and your child is mixed fed:**

If you are breastfeeding and your child is mixed fed, please note a maternal dairy-free diet is not always necessary. For further advice please discuss with your healthcare professional.

If your child only developed symptoms of CMPA when formula was introduced, continue to include milk in your diet.

If you felt your child had symptoms of CMPA prior to introduction of formula, please follow the leaflet "Milk-free trial and re-challenge information for breastfed children with suspected non-IgE CMPA".

In general, the likelihood of growing out of the allergy is high with up to 80-90% of children developing tolerance before three years of age.

