## Cow's Milk Protein Allergy (CMPA) Diagnosis and Management Pathway Summary

Assess symptoms and take an allergy focused clinical history to identify suspected CMPA Consider referral to paediatric dietitian GP to continue management until assessed by dietitian Formula fed or mixed feeding **Exclusively breast fed** Encourage continued breastfeeding **Recommend EHF (Extensively Hydrolysed** Formula) Strict exclusion of cows' milk protein from maternal diet. Maternal daily Mixed feeding – Cows' milk free maternal diet is not supplement of 10µg vitamin D. 1000mg required if symptoms only occurred with introduction calcium may also be required. of cow's milk based formula Advise a milk free diet if infant has started solids Symptoms do not return Diagnosis not CMPA. Keep cows' milk in diet First Line EHF: For suspected mild to moderate non-IgE mediated CMPA: Aptamil® Pepti 1 Aptamil® Pepti 2 Re-introduce cow's milk protein after 2-4 weeks to confirm or SMA® Althera Symptoms return exclude diagnosis 1. Diagnosis confirmed 2. Advise to return to a cows' milk exclusion If infant is still symptomatic For suspected **IgE** mediated CMPA: consider Amino Acid Formula 1. Recommend cow's milk

- replacement:
  - EHF for mild / moderate **CMPA**
  - Consider AAF for severe **CMPA**
- 2. Referral to secondary care for cows' milk specific IgE blood test and appropriate management

(AAF) trial

## Preferred AAF:

- Nutramigen® Puramino
- Neocate® LCP
- SMA® Alfamino