

Milk challenge for Children with mild-moderate CMPA who is exclusively breastfed or on solids

Mothers who breastfed their babies need to introduce dairy back in to their diet at some point to see if any allergy symptoms re-occur. If solids have been introduced in baby's diet then the same procedure can be followed. The principle is that if baby starts to outgrow the CMPA they will start tolerating milk containing foods to some extent. Foods that is processed or heat treated i.e. baking/cooking will usually be better tolerated as the protein structure have changed (denatured) and the body may no longer see it as an 'allergen/foreign'.

Follow the stage wise approach starting with Stage 1 (processed food) to Stage 6 ('raw' cow's milk). Once a couple of foods from stage 1 is well tolerated then move on to the following stage. If at any stage the child reacts to the foods that is reintroduced then stop giving the suspected food. Milk containing food that was previously tolerated during the milk challenge can still be given. Retry the food that the child reacted to in a couple of weeks again till fresh cow's milk is tolerated.

Ensure that your child is well/ healthy before commencing the milk challenge otherwise you might not be sure if it's the illness that your child reacted to or the cow's milk. It is advisable to do the milk challenge in the morning as some allergic reactions can take several hours to develop (delayed reactions).

Please keep a detailed food & symptom diary of food introduced e.g.

- Amount of dairy, in what form, any symptoms, photo diary

Stage 1	Mcvities rich tea or digestive biscuits Scones Plain Cakes without icing Cheesy breadsticks Pastry Shortbread Goodies biscuits Crackers (containing cheese/milk) Croissant Brioche Bread that contains milk (M&S)
Stage 2	Shepherds pie with milk/cheese Fish pie with milk/cheese Lasagne with milk/cheese
Stage 3	Homemade custard, melted cheese on toast, tinned/pots of rice pudding/custard, cheese crisps
Stage 4	Plain cheese not cooked, yogurt, ice cream, margarine/butter,
Stage 5	Cow's milk heated
Stage 6	Cow's milk not heated

Adapted from NHS Buckingham Healthcare

Our Values

Service Teamwork Ambition Respect

**Milk challenge for Infants with Mild-Moderate CMPA
who is exclusively formula fed**

It is advisable to do the milk challenge in the morning in case there is a delayed reaction.

Perform an open challenge with a formula based on whole Cows' Milk Protein (e.g. SMA/Aptamil/Cow&Gate etc) at home.

1. Apply a drop of the above formula on baby's lips
2. Wait 15min.
3. If no reactions (gastro/skin/breathing) after 15min then give baby 15ml of the above formula to drink.
4. Wait 30min
5. If no reaction after 30min then give baby 30ml (1oz) of the above formula to drink
6. Wait at least 30min
7. If no reaction after 30min then give baby 60ml (2oz) of the above formula to drink
8. Wait at least 30min
9. If no reaction after 30min then give baby 90ml (3oz) of the above formula to drink
10. Monitor / observe for the rest of the day for any late reactions
11. Give at least 250ml (9oz)/day in total of the above formula for a week
12. If baby tolerates the above formula then continue with it in age appropriate volumes instead of the specialised formula.
13. If at any stage there is an allergic reaction then stop the milk challenge, restart baby's specialised formula for CMPA and contact your Health Professional if further advice is needed.