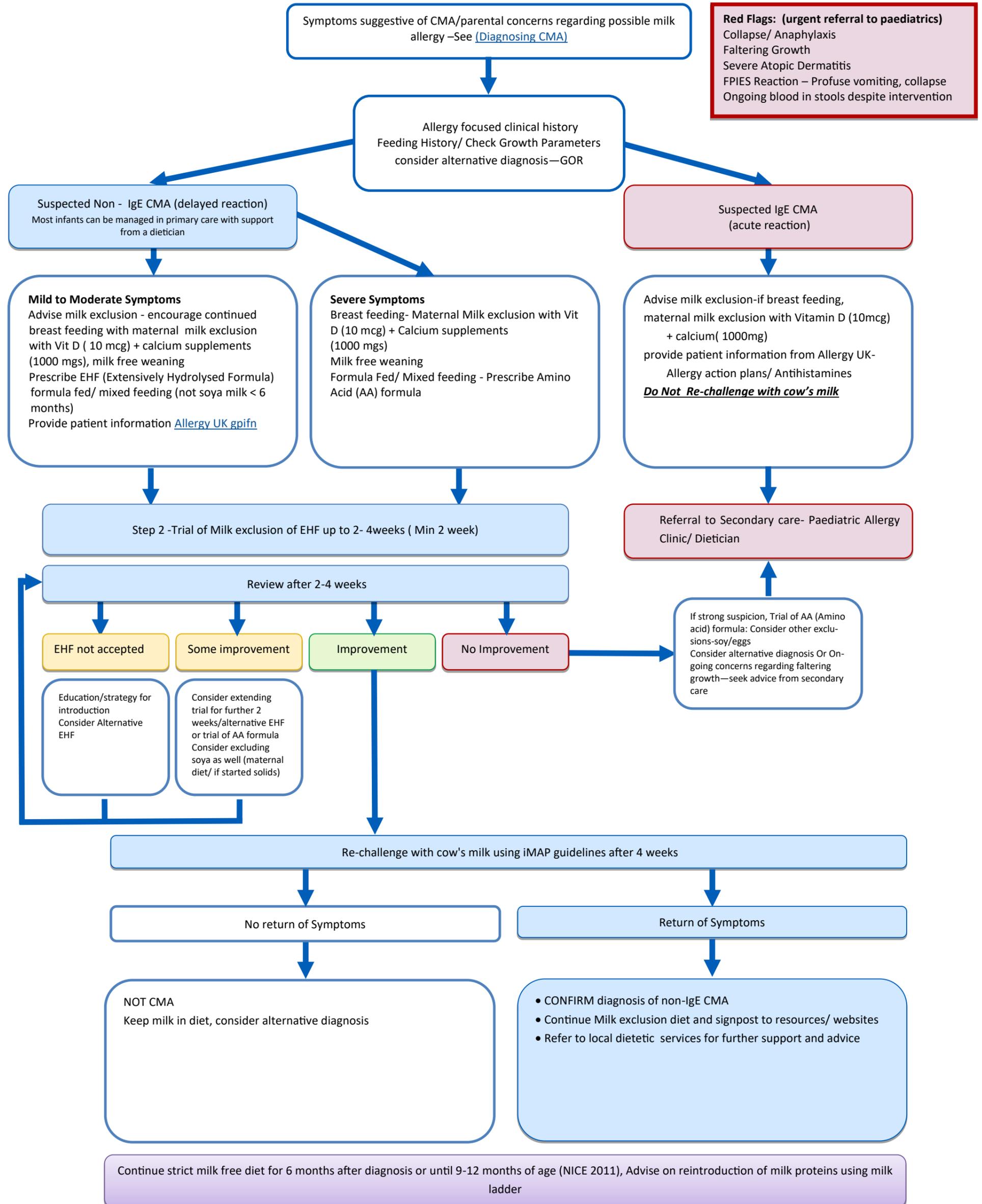


Cow's Milk Allergy (CMA) Pathway





### Diagnosing Cow's Milk Allergy (CMA) ([Primary Care \(iMAP\) guidelines](#), [NICE CMA guideline 116](#))

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**CMA:**

2 types need to be differentiated- IgE/non IgE CMA  
Symptoms varied in non IgE CMA-Diagnosis can be a challenge  
CMA typically presents in the 1st year of life

**Allergy-focused clinical history**

A family history of eczema, asthma, hay fever, allergic rhinitis or food allergy is more likely in IgE-mediated food allergy.

Feeding history – check the source of cows' milk i.e. breastmilk/formula milk or weaned solids.

**If the infant is asymptomatic on breastfeeding alone, do not exclude cow's milk from maternal diet**

Presenting symptoms – Ask about **age** of first onset, **speed** of onset, **reproducibility**, **duration** and **severity** following milk ingestion (IgE/ Non IgE CMA)

Also ask about previous management including medication used and response to elimination/reintroduction of foods- Rule out other Milk related conditions like reflux, lactose intolerance

Weigh and measure the child to assess growth.

Mild-moderate non-IgE CMA	Severe non-IgE CMA	IgE CMA
Mostly 2-72 hours after ingestion of cow's milk protein (CMP) Formula fed, exclusively breast-fed or at the onset of mixed feeding Treatment resistance- Eg atopic dermatitis or reflux, increases the likelihood of allergy	Mostly 2-72 hours after ingestion of cow's milk protein (CMP) Mostly formula fed, exclusively breast-fed or at the onset of mixed feeding  Treatment resistance example atopic dermatitis or reflux, increases the likelihood of allergy	Mostly within minutes (maybe up to 2 hours) after ingestion of cow's milk protein (CMP)  Mostly formula fed or at the onset of mixed feeding
(Usually several of the following symptoms)  <b>Gastrointestinal:</b> Irritability – colic Vomiting – reflux – GORD Food refusal or aversion Diarrhoea like stools – loose and or more frequent Constipation – especially soft stools with excessive straining, abdominal discomfort, painful flutters Blood and/or mucus in stool in other otherwise well infant  <b>Skin:</b> Pruritus (itching) Erythema (flushing) Nonspecific rashes Moderate persistent atopic dermatitis	(Severe persisting symptoms of one or more of the following)  <b>Gastrointestinal:</b> Diarrhoea, Vomiting Abdominal pain Food refusal or aversion Significant blood or mucus in stools Irregular or uncomfortable stools +/- faltering growth  <b>Skin:</b> Severe atopic dermatitis +/- faltering growth	(One or more of the following symptoms)  <b>Gastrointestinal</b> Acute vomiting or diarrhoea, abdominal pain/colic. <b>Skin:</b> Acute pruritus, erythema urticaria angioedema Acute flaring of persisting atopic dermatitis Acute worsening of eczema,  <b>Respiratory:</b> acute rhinitis +/- conjunctivitis  <b>Anaphylaxis</b> Severe IgE mediated cow's milk allergy Collapse/pallor
List of EHF-Extensively hydrolysed formulas  Althera Aptamil Pepti Nutramigen LGG Similac Alimentum	List of AA -Amino acid Formulas  Alfamino Elecare Neocate Puramino	Choose EHF/AA as milk free option based on the symptoms