

Clinical assessment and Family History of CMPA

<p>Suspected mild to moderate CMPA One or more of the following:</p> <p>Gastrointestinal: frequent regurgitation, vomiting, diarrhoea, constipation, anaemia Dermatological: atopic dermatitis, urticarial (unrelated to acute infections or drugs) Respiratory: runny nose, chronic cough, wheeze (all unrelated to infection) General: persistent distress or colic more than 3 hours over more than 3 days over more than 3 weeks)</p> <p>Advice: See iMAP Breast feeding support</p> <ul style="list-style-type: none"> • Maternal dairy free diet whilst breast feeding for 2-4 weeks (may need to avoid for 6 weeks if eczema). • Maternal calcium supplement will be required containing 1000mg calcium/day (self care). • Once symptoms settle after 4 weeks, challenge by introducing dairy slowly (iMAP home reintroduction) and consider referral to Community Paediatric Dietitian for advice. • If symptoms are controlled by a maternal dairy free diet and allergy is confirmed after challenge, mum to continue dairy free diet while breastfeeding but if still symptomatic, unlikely to be CMPA. Return to normal diet. Consider treating for reflux; consider referral to paediatrician <p>If no improvement after 2-4 weeks:</p> <ul style="list-style-type: none"> • Check maternal diet for sources of dairy. • Consider elimination of soya from maternal diet as well as dairy. <p>At 1 year of age or after 6 months symptom free undertake milk challenge at home. See Patient webinars, suitable for GPs and parents. Challenge every 3 months if cow's milk still not tolerated.</p>	<p>Suspected severe CMPA</p> <p>One or more of the following symptoms:</p> <p>Gastrointestinal: failure to thrive due to chronic diarrhoea, or vomiting, blood in stool, anaemia due to occult or macroscopic blood loss, protein losing enteropathy (hypoalbuminaemia), endoscopic or histologically confirmed enteropathy, severe ulcerative colitis. Dermatological: urticaria, swelling (angioedema), exudative or severe atopic dermatitis Respiratory: acute laryngoesedema or bronchial obstruction with difficulty breathing Systemic reactions: anaphylactic shock needs immediate hospital management</p> <p>EMERGENCY TREATMENT AND ADMISSION</p>
<p>Formula to trial if, combination feeding or topping up: See Prescribing Guidance below</p> <p>Initially trial Extensively hydrolysed formula (eHF) for 2-4 weeks:</p> <p>< 6 months of age: ¹Alimentum or ¹Althera or ¹Aptamil Pepti 1 or ²Nutramigen LGG 1 > 6 months of age: Aptamil Pepti 2 or Alimentum or Althera or ²Nutramigen LGG 2. Soya infant formula Wysoy (SMA) may be purchased from supermarkets</p>	<p>Ongoing management:</p> <ul style="list-style-type: none"> • Recommend strict maternal dairy free diet whilst breastfeeding continues. • Calcium supplement for mother will be required (1000mg calcium/day). <p>Challenge: Home milk challenge not recommended.</p>
<p>If also formula feeding and no improvement after 2-4 weeks: See Prescribing Guidance below</p> <ul style="list-style-type: none"> • Consider 2-4 week trial of different eHF from below list before considering amino acid infant formula. • If no improvement on alternative eHF, try 2-4 week trial of amino acid formula (AAF) <p>Consider prescribing eHF or AAF only if CMPA and poor growth/intake until 18 months of age.</p>	<p>If required for combination feeding or topping up, <u>only</u> after trial with eHF</p> <p><u>Amino acid formula (AAF):</u> 0-12 months: e.g. Alfamino or Nutramigen PurAmino, EleCare or Neocate LCP</p>
<p>Prescribing guidance ¹Alimentum, ¹Aptamil Pepti and ¹Althera – use as joint first line eHF ²Nutramigen LGG 1 & 2 and ²Neocate Syneo – NOT suitable for premature/immunocompromised babies</p>	
<p>Consider prescribing eHF or AAF (AAF only in severe CMPA) beyond 12 months of age <u>only</u> if CMPA and poor growth/intake until 18 months of age.</p>	
<p>May use Oatly Barista or Alpro soya growing up milk in <u>weaning foods</u> from 6 months of age (suitable for mild, moderate and severe CMPA) Continue breastfeeding as a main drink until at least 12 months of age; WHO suggests breastfeeding to 2 years or beyond. Then change to supermarket milk substitute: Alpro soya growing up milk or Oatly Barista after 12 months of age.</p>	

eHF (extensively hydrolysed formula)		AAF (Amino acid formula)	
¹ Alimentum (Abbott)	¹ 0-12 mths Joint 1 st line; lactose free	Alfamino (Nestle)	Joint 1 st line AAF
¹ Aptamil Pepti (Nutricia);	¹ Contains lactose, Joint 1 st line	EleCare (Abbott)	Joint 1 st line AAF
¹ SMA Althera (Nestle)	¹ contains lactose, more palatable (may be better tolerated than Pepti due to higher hydrolysis; try before AAF with ongoing symptoms); joint 1 st line	Nutramigen PurAmino (Mead Johnston)	Joint 1 st line AAF
Aptamil Pepti (Nutricia)		Neocate (Nutricia)	
• ¹ Aptamil Pepti 1	Joint 1 st line; Under 6 months of age	• Neocate LCP	Joint 1 st line AAF
• ¹ Aptamil Pepti 2	Over 6 months of age. Joint 1 st line	• ² Neocate Syneo	Non formulary
Nutramigen LGG (Mead Johnston);	Lactose free. Similar taste to Similac Alimentum	Neocate Junior (Nutricia) -	From 1 year of age. To be used under dietetic supervision only. Non formulary
• ² Nutramigen LGG 1	Under 6 months of age	Neocate Spoon (Nutricia)	Specialist weaning product. To be used under dietetic supervision only.
• ² Nutramigen LGG 2	Over 6 months of age		
• ² Nutramigen LGG 3	From 1 year (non-formulary)		
Wysoy (SMA) Soya based infant formula.	May be purchased from supermarkets for babies over 6 months of age	² Not suitable for premature or immunocompromised babies	

Recommended quantities for fully formula fed infants per month. If only having top up formula feeds, reduce by 50%					Amino Acid Formulae
Products and prices per tin	Alimentum £10.01 Nutramigen LGG 1 £11.21 Aptamil Pepti 1 £9.87 SMA Althera £9.86 (400g tin)	Aptamil Pepti 1 £19.73 (800g tin)	Nutramigen LGG 2 £11.21 (400g tin)	Aptamil Pepti 2 £18.82 (800g tin)	Alfamino £22.98 EleCare £22.98 Nutramigen PurAmino £23 Neocate LCP £22.98 Neocate Syneo £29.56 (400g tin)
0 - 3 months	8	4	Not Suitable	Not Suitable	8
4 months	11	6	Not Suitable	Not Suitable	11
6 months	10	5	10	5	10
7 – 12 months	7	4	7	4	7
Over 12 months of age, advise supermarket milk substitutes such as Oatly Barista or Alpro soya growing up for mild, moderate and severe CMPA					

Direct parents to [patient webinars](#) for stepping down from formula to purchased supermarket alternative at **12 months of age**.
May use Oatly Barista or Alpro soya growing up milk in weaning foods from 6 months of age (suitable for mild, moderate and severe CMPA) and as a main drink after 12 months of age or when weaning from breastmilk after at least 12 months of age.

Milk ladder link: [iMAP](#)

<https://patientwebinars.co.uk/children/children-webinars/child-allergy/>

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