

Clinical assessment and Family History of CMPA

Suspected mild to moderate CMPA One or more of the following:

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)

Advice: See iMAP [Breast feeding support](#)

- Maternal dairy free diet whilst breast feeding for 2-4 weeks
- Maternal calcium supplement may be required containing 800-1000mg calcium depending on diet & all pregnant and lactating people should take a daily supplement of 10micrograms Vitamin D/day (self-care).
- If 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.

If no improvement after 2-4 weeks:

- Check maternal diet for sources of dairy.
- Consider elimination of soya from maternal diet as well as dairy. **Also consider possible egg allergy.**

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.

Formula to trial if, combination feeding or topping up: See Prescribing Guidance below

Initially trial Extensively hydrolysed formula (eHF) for 2-4 weeks:

< 6 months of age: ¹Alimentum or ¹Althera or ¹Aptamil Pepti 1 or ²Nutramigen LGG 1

> 6 months of age: **Aptamil Pepti 2 (most cost effective) or Alimentum or Althera** or ²Nutramigen LGG 2.

> 6 months of age: Soya infant formula Wysoy (SMA) may be purchased from supermarket/pharmacy

If also formula feeding and **no improvement after 2-4 weeks:** See Prescribing Guidance below

- 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)

Consider prescribing eHF or AAF only if CMPA **and** poor growth/intake until 18 months of age.

Prescribing guidance

¹Alimentum, ¹Aptamil Pepti and ¹Althera – use as joint first line eHF

²Nutramigen LGG 1 & 2, ²Pepti syneo and ²Neocate Syneo – **NOT** suitable for premature/immunocompromised babies

Consider prescribing eHF or AAF (AAF only in severe CMPA) beyond **12 months of age only** if CMPA **and** poor growth/intake **until 18 months of age.**

May use supermarket calcium and iodine fortified soya/oat/coconut based milk substitutes **in weaning foods from 6 months of age and as a main drink from 12 months of age** see [patient webinars](#) for details of appropriate products. Continue breastfeeding as a main drink until at least 12 months of age; **WHO** suggests breastfeeding to 2 years or beyond.

Suspected severe CMPA

One or more of the following symptoms:

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 EMERGENCY TREATMENT AND ADMISSION

Ongoing management:

- Recommend strict maternal dairy free diet whilst breastfeeding continues.
- All need 10micrograms Vitamin D/day
- Calcium supplement for mother may be required 800-1000mg Calcium depending on daily intake. (self-care)

Home Challenge: not recommended.

If required for combination feeding or topping up, only after trial with eHF

Amino acid formula (AAF):

0-12 months: e.g. Alfamino, Nutramigen
PurAmino, EleCare or Neocate LCP

eHF (extensively hydrolysed formula)		AAF (Amino acid formula)	
¹ Alimentum (Abbott) <small>Check availability</small>	¹ 0-12 months Joint 1st line; lactose free	Alfamino (Nestle)	Joint 1st line AAF
¹ Aptamil Pepti (Nutricia);	¹ Contains lactose, Joint 1st line	EleCare (Abbott) <small>Check availability</small>	Joint 1st line AAF
¹ SMA Althera (Nestle)	¹ Contains lactose, Joint 1st line (may be better tolerated than Pepti due to higher hydrolysis; try before AAF with ongoing symptoms)	Nutramigen PurAmino (Mead Johnston)	Joint 1st line AAF
<ul style="list-style-type: none"> ¹Aptamil Pepti 1 	Joint 1st line; Under 6 months of age	Neocate (Nutricia)	
<ul style="list-style-type: none"> ¹Aptamil Pepti 2 	Over 6 months of age. Joint 1st line	<ul style="list-style-type: none"> Neocate LCP 	Joint 1st line AAF
<ul style="list-style-type: none"> ²Aptamil Pepti syneo 	0-6 months	<ul style="list-style-type: none"> ²Neocate 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
<ul style="list-style-type: none"> ²Nutramigen LGG 1 	Under 6 months of age	Neocate Spoon (Nutricia)	Specialist weaning product. To be used under dietetic supervision only.
<ul style="list-style-type: none"> ²Nutramigen LGG 2 	Over 6 months of age		
<ul style="list-style-type: none"> ²Nutramigen LGG 3 	From 1 year (non-formulary)		
Wysoy (SMA) Soya based infant formula.	May be purchased from supermarket/pharmacy 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 Aptamil Pepti 2 £9.41 (400g tin)	Aptamil Pepti 2 £18.82 (800g tin)	Alfamino £22.98 EleCare £22.98 Nutramigen PurAmino £22.98 Neocate LCP £22.98 Neocate Syneo £24.82 (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

May use supermarket calcium and iodine fortified soya/oat/coconut based milk substitutes **in weaning foods from 6 months of age and as a main drink from 12 months of age or when weaning from breastmilk after at least 12 months of age.** See [patient webinars](#) for details of appropriate products.

Direct parents to [patient webinars](#) website for stepping down from formula to purchased supermarket alternative at **12 months of age.**

Milk ladder link: [iMAP](#)

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

<https://patientwebinars.co.uk/>

[NHS Somerset Infant Feeding Page](#)