

**Mild to Moderate
Non-IgE-mediated CMA
'Delayed' Onset Symptoms**

Mostly 2-72 hrs. after ingestion of CMP

Formula fed, exclusively breast fed
or at onset of mixed feeding

One, or often, more than one
of these symptoms:

Gastrointestinal

'Colic'
Vomiting - 'Reflux' - GORD
Food refusal or aversion
Loose or frequent stools
Perianal redness
Constipation
Abdominal discomfort,
Blood and/or mucus in stools in an
otherwise well infant

Skin

Pruritus, erythema
Significant atopic eczema

Respiratory

'Catarrhal' airway symptoms
(usually in combination with one
or more of the above symptoms)

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**Can be managed in
Primary Care**
See
Management Algorithm

**Severe
Non-IgE-mediated CMA
'Delayed' Onset Symptoms**

Mostly 2-72 hrs. after ingestion of CMP

Formula fed, exclusively breast fed
or at onset of mixed feeding

Severe persisting symptoms of one or more of:

Gastrointestinal

Diarrhoea, vomiting, abdominal pain, food refusal
or food aversion, significant blood and/or mucus
in stools, irregular or uncomfortable stools.
+/- Faltering growth

Skin

Severe Atopic Eczema +/- Faltering Growth

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**Cow's Milk Free Diet
Amino Acid Formula
AAF**

Advise breast feeding
mother to exclude all CMP
from her own diet and to
take daily Calcium (1000mg)
and Vitamin D (10mcg)
supplements

Ensure:

Urgent referral to a
paediatrician with an
interest in allergy

Urgent dietetic referral

**Severe
IgE CMA
ANAPHYLAXIS**

Immediate reaction
with severe respiratory
and/or CVS signs and
symptoms.
(Rarely a severe
gastrointestinal
presentation)

**Emergency
Treatment
and
Admission**

**Mild to Moderate
IgE-mediated CMA
'Acute' Onset Symptoms**

Mostly within minutes of ingestion of CMP
Mostly formula fed or at onset of mixed feeding

One or more of these symptoms:

Skin

Acute pruritus, erythema, urticaria,
angioedema
Acute 'flaring' of atopic eczema

Gastrointestinal

Vomiting, diarrhoea, abdominal pain/colic

Respiratory

Acute rhinitis and/or conjunctivitis

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**Cow's Milk Free Diet
Extensively Hydrolysed Formula - eHF**
(Initial choice, but some infants may then need an
Amino Acid Formula - AAF trial if not settling)

Advise breast feeding mother to exclude all CMP from
her own diet and to take daily Calcium (1000mg) and Vit
D (10mcg) supplements
IgE testing needed.

**If diagnosis confirmed (which may require a Supervised
Challenge)** – Follow-up with serial IgE testing and later
planned and Supervised Challenge to test for acquired
tolerance

Dietetic referral required

**If competencies to arrange and interpret testing are not
in place - early referral to a paediatrician with an
interest in allergy - advised**

