



# Does my baby have a Cow's Milk Protein Allergy?

## Advice for parents and carers whose children may have a Cow's Milk Protein Allergy

Some children are allergic to the protein in cow's milk (cow's milk protein allergy, CMPA). They usually have one or more symptoms including diarrhoea, vomiting, skin rashes, eczema, and poor weight gain.

Most children grow out of this by about the age of 2 or earlier.

There are no reliable tests to diagnose CMPA and a trial of a milk free diet for 4 weeks followed by an early challenge is the only way to decide whether your child has an allergy to cow's milk protein.

An allergy to cow's milk is not the same as lactose intolerance. Products which are lactose free are not necessarily free from cow's milk protein.

To test if your child is reacting to the protein in cow's milk all food and drink containing cow's milk should be avoided.

It is very important that you always read the labels on products no matter how often you use them as manufacturers can change the ingredients at any time without prior notice.



## Bottle fed babies

If your child is bottle fed- a suitable formula will be prescribed and tried for 4 weeks. Your child may be prescribed;

- Less than 6 months old; Nutramigen 1 with LGG
- More than 6 months old; Nutramigen 2 with LGG

Lactose free formulas are not suitable for treating CMPA. You should avoid soya formula as babies with Cow's milk protein allergy can react to soya. Soya formula is not recommended for babies under 6 months of age.

Occasionally babies will refuse or won't take enough of the new formula. This should be discussed with your health visitor to see if an alternative formula should be tried.



## Breast fed babies

If you are breast feeding, you should follow a milk free diet for at least 2 weeks and you should be taking a calcium and vitamin D supplement.

Cow's milk can be labeled in many ways therefore you should avoid foods which contain:

Dairy Foods	Foods containing the following ingredients;	
Cow's milk-all kinds- evaporated, dried, fresh, UHT, condensed	Butter milk, butter oil, butter fat	Milk Solids
Yoghurt, fromage frais	Casein (curds), caseinates	Modified Milk
Cheese	Calcium Caseinate	Non-fat milk solids
Lactose free milk, cheese, yogurts, desserts	Hydrolysed Casein	Sodium caseinate
Margarine, butter, ghee	Hydrolysed whey protein	Whey, whey solids
Ice Cream	Lactose	Whey protein
Cream-fresh, artificial cream, crème fraiche	Lactoglobulin	Whey powder
Lactose free formula e.g. SMA LF, Enfamil-o-lac	Lactoalbumin	Whey sugar
Milk puddings e.g. custard, rice pudding	Milk Protein Milk Sugar	Whey syrup sweetener

If symptoms do not improve it is unlikely your child has cow's milk protein allergy and you should discuss an **early challenge** with your health visitor.