

Cow's Milk Allergy: Quick Reference Prescribing Guide

Cow's Milk Protein Allergy	<p>CMA Guideline shows full details of symptoms (IgE-mediated and non-IgE mediated) and diagnosis</p> <ul style="list-style-type: none"> Most infants with CMA develop symptoms within 1-3 weeks of introduction to cow's milk. Breast milk is the best choice for most infants with CMA. Reduce quantity prescribed as solid intake increases. <p style="text-align: center;">Only continue over 12 months of age on specialist dietetic advice</p>	<p>Refer infants with anaphylaxis or faltering growth unresponsive to CM exclusion to secondary care without delay</p>						
<p>1st line Extensively Hydrolysed formula (EHF) for mild /moderate:</p> <p style="text-align: center;">Refer to guidelines for 2nd line <i>Do not prescribe soya or lactose-free formula</i></p>	<p><6 months age: Nutramigen 1 with LGG</p> <p>>6 months age: Nutramigen 2 with LGG</p>	<p>For <u>non-IgE</u> mediated: ONLY continue prescribing if CMA diagnosis confirmed after 4 week exclusion trial and <u>re-challenge</u></p> <p>Once CMA is confirmed, <u>refer to dietitian</u> If IgE mediated CMA suspected – refer guidance</p>						
<p>How much powdered infant formula to prescribe monthly for CMA: <i>Reduce quantity as solid intake increases</i></p>	<p>Initial supply of 1 week - 2 x 400g tins</p> <table border="1" style="margin: auto; border-collapse: collapse;"> <thead> <tr> <th style="padding: 5px;">Under 6 months</th> <th style="padding: 5px;">6 – 12 months</th> <th style="padding: 5px;">Over 12 months*</th> </tr> </thead> <tbody> <tr> <td style="padding: 5px; text-align: center;">Approx. 10-12 x 400g tins</td> <td style="padding: 5px; text-align: center;">Approx. 7-12 x 400g tins</td> <td style="padding: 5px; text-align: center;">Approx. 5-6 x 400g tins</td> </tr> </tbody> </table> <p style="text-align: center;"><i>Only continue over 12 months of age on specialist dietetic advice</i></p>		Under 6 months	6 – 12 months	Over 12 months*	Approx. 10-12 x 400g tins	Approx. 7-12 x 400g tins	Approx. 5-6 x 400g tins
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<p>Additional resources</p>	<p style="text-align: center;"> Cow's Milk Allergy Guideline Nottingham & Nottinghamshire ICB Food Allergy Care Pathway </p>							
<p>Lactose Intolerance</p> <p>Prescription not necessary – buy OTC</p>	<p style="text-align: center;">Lactose free infant formula can be purchased at a similar price to standard infant formula, so a <u>prescription is not appropriate</u></p> <p style="text-align: center;">OTC Aptamil Lactose Free or SMA Lactose Free</p> <p style="text-align: center;">Lactose Intolerance in Infants Guideline shows full details of symptoms and diagnosis</p> <ul style="list-style-type: none"> Secondary lactose intolerance usually occurs following an infectious GI illness (but can occur alongside new or undiagnosed coeliac disease). Usually lasts 6-8 weeks, advise low-lactose diet with review at 2 weeks and re-challenge after 6-8 weeks. Do not recommend for longer than eight weeks without review. Symptoms usually resolve within this time but can take up to three months. Primary lactase deficiency usually occurs after two years of age and may not fully manifest until adulthood. As this is a condition seen in older children, lactose free infant formulas are not necessary. Congenital lactase deficiency requires specialist management. 							
<p>Additional resources</p>	<p style="text-align: center;"> Lactose Intolerance in Infants Guideline Secondary Lactose Intolerance in Children – Patient Information </p>							