

**Algorithm 1: Diagnosis and Management of Cow's Milk Allergy Quick Reference Guide**

- Abbreviations:**  
**CMA** cow's milk allergy  
**BF** breastfeeding  
**eHF** extensively hydrolysed formula  
**AAF** amino acid formula  
**HF** hypoallergenic formula (includes both eHF and AAF)  
**IgE** immunoglobulin E  
**LRT** lower respiratory tract  
**OTC** over-the-counter  
**RAC** rapid access clinic

**<sup>1</sup>Protect, promote and support breastfeeding.** Maternal dairy free diet is **not** recommended if no symptoms when exclusively breastfeeding

**Presentation with possible CMA symptoms – Rule out other causes**  
 1. Refer to BF service or health visiting team (see [Referring to Local Services](#)) for support with feeding if appropriate  
 2. 2-week trial of 1st-line interventions (NICE Guidance) for **common conditions in infancy** (see [Section 2.2 in main document](#)) e.g. colic, reflux, constipation, eczema

**CMA still suspected**

1. Complete [Allergy-focussed clinical history](#)  
 2. Refer to symptoms table to determine if **IgE or non-IgE** and **severity** of allergy

**Non-IgE CMA suspected**

**IgE CMA Suspected**

**≤12 months**

**≤12 months**

Yes

No

Yes

No

**Mild-moderate**

**Severe CMA or Multiple food allergies**

1. Advise 2-4 weeks dairy free diet. Continue **BF<sup>1</sup>** or recommend shop bought plant-based milk alternatives (do not initiate HF) – see below.  
 2. Refer to local dietetic service (see [Referring to Local Services](#))  
 3. Discuss dairy challenge. If symptoms return, CMA confirmed

**Mild-moderate**

**Severe or Multiple food allergies**

1. Advise dairy free diet. Continue **BF<sup>1</sup>** or recommend shop bought plant-based milk alternatives (do not initiate HF) – see below.  
 2. Refer to local Allergy Clinic (see [Referring to Local Services](#)) (**urgent referral** if history of severe CMA)

1. Advise 2-4 weeks dairy-free diet. Continue **BF<sup>1</sup>** or prescribe **eHF** (see [Guide 1](#))  
 2. Refer to RAC or similar local service (see [Referring to Local Services](#))  
 3. Discuss dairy challenge. If symptoms return, CMA is confirmed.

1. Advise 2-4 weeks dairy-free diet. (continue **BF<sup>1</sup>** or prescribe **eHF** or **AAF**, if **growth faltering** (see [Guide 1](#))  
 2. Refer to local Allergy Clinic (see [Referring to Local Services](#)) if multiple food allergies  
**OR**  
**Urgent referral** to paediatrician and local dietetic service (see [Referring to Local Services](#)) if unsolved growth faltering.

1. Advise dairy free diet. Continue **BF<sup>1</sup>** or prescribe **eHF** (see [Guide 1](#)) or consider OTC soya formula if > 6 months  
 2. Refer to local Allergy Clinic (see [Referring to Local Services](#))

1. Advise dairy free diet:  
 Multiple food allergies - continue **BF<sup>1</sup>** or prescribe **eHF** (see [Guide 1](#))  
**OR**  
 Severe CMA - continue **BF<sup>1</sup>** or prescribe **AAF** (see [Guide 1](#))  
**OR**  
 Consider OTC soya formula if > 6 months  
 2. Refer to local Allergy Clinic (**urgent referral** if history of severe CMA)

**Volume Tables:**

**1. Volume required if mixed-fed (Based on daily intake of formula as reported by carer)**

oz/day	ml/day	g/28 days
10oz	300ml	1600g
14oz	400ml	2000g
17oz	500ml	2400g
20oz	600ml	2800g
24oz	700ml	3200g
27oz	800ml	3600g
30oz	900ml	4000g
33oz	1000ml	4400g
36oz	1100ml	4800g

**2. Volume required if exclusively formula fed**

Age	g/28 days
0-3 months	4000g
4-6 months	5200g
7-9 months	4000g
10-12 months	3200g

**Key points:**  
 1. **<sup>1</sup>Protect, promote and support breastfeeding.** Maternal dairy free diet is **not** recommended if no symptoms when exclusively breastfeeding  
 2. Non-IgE symptoms can occur from 2 to 72 hours and can be classified as **mild moderate** (e.g. pruritus, erythema, atopic eczema, reflux, diarrhoea, blood/mucous in stools, abdominal pain, infantile colic, feeding difficulties, constipation, congestion) or **severe** (faltering growth).  
 3. IgE symptoms can occur from few minutes to 2 hours and can be classified as **mild moderate** (e.g. pruritus, erythema, urticaria, persistent eczema, angioedema, oral pruritus, nasal itching, sneezing, rhinorrhoea, cough, chest tightness, wheezing) or **severe** (anaphylaxis and/or faltering growth).  
 4. **Shop bought plant-based milk alternatives suitable for >12 months** include: Soya-, oat-, coconut- and pea-based drinks enriched with calcium. Note that Rice-based milk alternative, organic and low-calorie varieties (e.g. "light") are **NOT** suitable. See [section 2.5 in main document](#) for further information.

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