

Referring to Local Services

All patients with suspected/confirmed cow's milk allergy (CMA) should be referred to a paediatric dietitian.

This is essential as a dairy-free diet may be lower in energy, protein, calcium, vitamin B12 and iodine than a normal diet, requiring bespoke dietetic support.

The role of a paediatric dietitian in CMA

- Support the diagnosis of non-IgE CMA using appropriate dairy challenge e.g. iMAP Home Challenge
- Provide breastfeeding mothers with information on a nutritionally adequate dairy-free diet **if required**.
- Provide dairy-free complementary feeding advice.
- Support with gradual re-introduction of dairy using the iMAP Milk Ladder at the appropriate age, and transitioning onto an appropriate plant-based milk alternative in place of hypoallergenic formula (HF).

The role of the paediatric prescribing support dietitian (PSD) in South East London (SEL)*

- Run Telephone Non-IgE CMA Rapid Access Clinic (RAC)
- Support pathways for the management of CMA as set out by SEL guidelines.
- Improve cost-effectiveness of HF prescribing practices, as well as the quality of care provided to patients with suspected/ confirmed CMA.
- Support practices in ensuring all prescriptions are appropriate, indicated, the correct volume and they are stopped at the appropriate time.
- Contact parents or parent/ guardian of the patients where appropriate, to support the above, as part of GP audits.
- Provide training on CMA to GPs, health visitors, pharmacists and secondary care.

*Not available in Greenwich. Please refer to the Oxleas Community Dietitians for similar service

Borough	Local Allergy clinic	Telephone Non IgE-mediated CMA RAC or similar local service	Local Dietetic services	Health visitors and breastfeeding support
When to refer	Any child who presents with IgE-mediated Allergy symptoms and/or multiple food allergies (please check local guidance).	Any child under 14 months of age with suspected non-IgE CMA, meeting referral criteria. See Referral Form for Telephone Non IgE-mediated CMA RAC and Pathway for Telephone Non IgE-mediated CMA RAC	Any child with suspected/ confirmed CMA who does not meet criteria for Telephone Non IgE-mediated CMA RAC (e.g. older than 14 months or growth faltering) or Allergy clinic.	Any mother that wishes to breastfeed but is having difficulties or needs support.
Bexley	<p>All referrals via e-RS. Paediatric Allergy Clinic, Darent Valley Hospital, Darenth Wood Road, Dartford, DA2 8DA Tel: 01322 428100 Please also refer to Local Dietetic service (Darent Valley Dietetics)</p> <p>All referrals via e-RS. Paediatric Allergy Service, Queen Elizabeth Hospital, Stadium Road, SE18 4QH Tel: 020 8836 6222</p>	<p>Telephone Non IgE-mediated CMA RAC All referrals via eRS (from GPs) or email (non-GPs only). Use Referral Form for Telephone Non IgE-mediated CMA RAC or on DXS under clinic name below e-RS instruction for GPs: Speciality: Dietetics Clinic Type: Food allergy and intolerance Clinic name: Telephone non IgE-mediated cow's milk allergy rapid access clinic, Email instruction for non-GPs only: Send form to selcmaracreferrals@nhs.net (referrals from GPs will not be accepted via this email) Contact: gst-tr.prescribingsupportdietitians@nhs.net (for queries only - referrals cannot be accepted via this email).</p>	<p>Department of Nutrition and Dietetics at Darent Valley Hospital, Darenth Wood Road, Dartford, DA2 8DA Tel: 01322 428439 Email: dgn-tr.dvhdietitians@nhs.net</p>	<p>Health visitors Bexley 0-4 Children's Public Health Service</p> <p>Breastfeeding support Tel: 0300 330 5777 Email: bromh.bexley0to19@nhs.net</p> <p>Bexley-BF-Info-1016.pdf (kentbabymatters.org)</p>
Bromley	<p>All referrals via eRS. Paediatric Allergy Service, Princess Royal University Hospital, Farnborough Common, Orpington, BR6 8ND Tel: 01689 864065 Email: kch-tr.br-referrals@nhs.net</p>	<p>Telephone Non IgE-CMA RAC All referrals via eRS (from GPs) or email (non-GPs only). Use Referral Form for Telephone Non IgE-mediated CMA RAC or on DXS under clinic name below e-RS instruction for GPs: Speciality: Dietetics Clinic Type: Food allergy and intolerance Clinic name: Telephone non IgE-mediated cow's milk allergy rapid access clinic, Email instruction for non-GPs only: Send form to selcmaracreferrals@nhs.net (referrals from GPs will not be accepted via this email) Contact: gst-tr.prescribingsupportdietitians@nhs.net (for queries only - referrals cannot be accepted via this email).</p> <p>OR</p>	<p>Community: Bromley Healthcare, Beckenham Beacon, 379 Croydon Road, Beckenham, BR3 3QL Email: BROMH.childrendietitians@nhs.net Tel: 0300 330 5777</p> <p>Acute: Paediatric Dietitians, Princess Royal University Hospital, Farnborough Common, Orpington, BR6 8ND Tel: 01689 865743 Email: kch-tr.Paediatricdietitianspruh@nhs.net</p>	<p>Health visitors Bromley 0-4 years Public Health Service</p> <p>Breastfeeding support Tel: 0300 330 5777 Email: bromh.bromley0to19@nhs.net</p> <p>Bromley Breastfeeding groups</p>

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Review date: August 2025 (or sooner if evidence or practice changes)

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		<p>Community dietitians: Bromley Healthcare, Beckenham Beacon, 379 Croydon Road, Beckenham, BR3 3QL Email: BROMH.childrendietitians@nhs.net Tel: 0300 330 5777</p>		
Greenwich	<p>All consultant referrals for allergy clinic via eRS except dietetic referrals. Paediatric Allergy Service, Queen Elizabeth Hospital, Stadium Road, SE18 4QH Tel: 020 8836 6222</p>	<p>Community dietitians: Oxleas Children's Nutrition and Dietetics Service, Memorial Hospital, Shooter Hill, SE18 3RZ Email: oxl-tr.childrenstherapies@nhs.net Tel: 0208 836 8621 option 2</p>	<p>Community: Oxleas Children's Nutrition and Dietetics Service, Memorial Hospital, Shooter Hill, SE18 3RZ Email: oxl-tr.childrenstherapies@nhs.net Tel: 0208 836 8621 option 2</p> <p>Acute: Dietetics Department, Inpatient Therapies Centre, 1st Floor, Queen Elizabeth Hospital, Stadium Road, London, SE18 4QH Tel: 020 8836 5062 Email: LG.QE-Dietitians@nhs.net</p>	<p>Health visitors Greenwich 0 to 4 years Health Visiting service</p> <p>Breastfeeding support Tel: 0300 330 5777 Email: bromh.greenwich0to4admin@nhs.net</p> <p>Infant feeding clinics: Greenwich 0 to 4</p>
Lambeth and Southwark	<p>Children's Allergy Service 2nd Floor, Block B, South Wing, St Thomas's Hospital, Westminster Bridge Road, SE1 7EH Tel: 020 7188 3300 Email: gst-tr.allergypaediatrics@nhs.net All referrals via eRS.</p>	<p>Telephone Non IgE-mediated CMA RAC All referrals via eRS (from GPs) or email (non-GPs only). Use Referral Form for Telephone Non IgE-mediated CMA RAC or on DXS under clinic name below e-RS instruction for GPs: Speciality: Dietetics Clinic Type: Food allergy and intolerance Clinic name: Telephone non IgE-mediated cow's milk allergy rapid access clinic, Email instruction for non-GPs only: Send form to selcmaracreferrals@nhs.net (referrals from GPs will not be accepted via this email) Contact: gst-tr.prescribing-support-dietitians@nhs.net (for queries only - referrals cannot be accepted via this email).</p>	<p>Children's Dietetic Service, Nutrition and dietetics, 3rd floor, South Wing St Thomas' Hospital, Westminster Bridge Road, SE1 7EH Email: gst-tr.paediatricdietitians@nhs.net All referrals via eRS</p>	<p>Health Visitors Lambeth & Southwark Health Visitor teams</p> <p>Lambeth Tel: 020 3049 5300 Email: gst-tr.spahealthvisitingsservicelambeth@nhs.net</p>
	<p>Paediatric Allergy Service Third floor, Cheyne Wing, King's College Hospital, Denmark Hill, London, SE5 9RS Tel: 020 3299 4647 Email: kch-tr.kingspaedallergy@nhs.net All referrals via eRS.</p>		<p>Paediatric Dietitians, Unit 6, The Business Park, Kings College Hospital, Denmark Hill, SE5 9RS Email: kch-tr.PaediatricDieteticReferrals@nhs.net Direct line (referrals, appointments): 0203 299 1812 Answer machine and direct line for children's dietitians: 020 3299 4434</p>	<p>Southwark Tel: 020 3049 8166 Email: gst-tr.spahealthvisitingsservicesouthwark@nhs.net</p> <p>Breastfeeding Breastfeeding support for Lambeth & Southwark Email: breastfeedingservice@gstt.nhs.uk</p>
Lewisham	<p>Children's Allergy Clinic, University Hospital Lewisham, Lewisham High Street, SE13 6LH Tel: 020 3192 6824 Allergy Nurse Specialist: 023 8192 6144 Email: LG.PaedAllergy@nhs.net All referrals via eRS – Clinic name: Children's Allergy RAS</p>	<p>Telephone Non IgE-mediated CMA RAC All referrals via eRS (from GPs) or email (non-GPs only). Use Referral Form for Telephone Non IgE-mediated CMA RAC or on DXS under clinic name below e-RS instruction for GPs: Speciality: Dietetics Clinic Type: Food allergy and intolerance Clinic name: Telephone non IgE-mediated cow's milk allergy rapid access clinic, Email instruction for non-GPs only: Send form to selcmaracreferrals@nhs.net (referrals from GPs will not be accepted via this email) Contact: gst-tr.prescribing-support-dietitians@nhs.net (for queries only - referrals cannot be accepted via this email).</p>	<p>Nutrition and Dietetic Department, Suite 9, University Hospital Lewisham, Lewisham High Street, SE13 6LH Email: tlh-tr.LewishamDietetics@nhs.net Tel switch board: 020 8333 3000 Tel dietetic department: 020 8333 3314</p>	<p>Health visitors Lewisham Health Visitors Tel: 020 3049 1873</p> <p>Breastfeeding Breastfeeding hubs in Lewisham Email: lg.breastfeedingvirtualhubs@nhs.net</p>

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<p>Helpful links</p>		<p>The clinic can be found on eRS under: Clinic name: Telephone non IgE-mediated cow's milk allergy rapid access clinic, Speciality: Dietetics, Clinic Type: Food allergy and intolerance. Referral Form for Telephone Non IgE-mediated CMA RAC Pathway for Telephone Non IgE-mediated CMA RAC</p>	<p>To determine growth faltering see https://cks.nice.org.uk/topics/faltering-growth/background-information/definition/23 and for WHO growth charts see https://www.rcpch.ac.uk/resources/uk-who-growth-charts-0-4-years24</p>	<p>For breast feeding and bottle feeding advice, visit the UNICEF baby friendly pages: www.unicef.org.uk/BabyFriendly/First Steps Nutrition</p>
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