

# My baby might have a cow's milk protein allergy

Information on what to do if my baby is bottle fed



# Introduction

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Your doctor has advised you to exclude cow's milk from your baby's diet for a trial period of 2-4 weeks to see if your baby has an allergy to cow's milk. This information leaflet will guide you on how to do this. If there is no improvement in symptoms during this trial period then it is unlikely your baby has an allergy to cow's milk and your baby should return to a normal diet. Please speak to your Health Visitor or GP if you remain concerned about your child's symptoms.

If symptoms do improve, then diagnosis of cow's milk allergy still needs to be confirmed so that your child is not on a restricted diet for any longer than they have to be. The only way to do this is to re-introduce milk into your baby's diet after a 2-4 week milk-free trial period. If their symptoms return the allergy is confirmed.

If cow's milk allergy is confirmed, please inform your GP or health visitor who can arrange a referral to the paediatric dietitians.

**If your child has had a severe or immediate reaction (such as lip or facial swelling or wheeze) to milk or any other food, do not re-introduce normal formula or milk containing foods at home and speak to your doctor.**

## What formula can I use for the trial and where do I get it?

Your GP will prescribe a cow's milk free formula for the 2-4 weeks of the trial. You should make this up in the same way as normal infant formula.

## What if my baby is already taking solids?

If your baby is on solid foods, it is important that the solids they take are also milk free. See the table below for ingredients to avoid. Check the labels on all packets or tinned foods before giving them to your baby.

If your child has recently started weaning, continue to expand the range of fruit and vegetables in their diet until the 2-4 week trial has been completed. If your child is already established on a variety of solids, continue to offer these but do not introduce any further foods until trial period complete.

**Please note that soya products are only suitable for babies over the age of 6 months.**

## Foods your child needs to avoid

Table 1

- Milk (cow's, sheep and goat milk) all varieties - fresh, UHT, condensed, evaporated, dried
- Milk solids, modified milk, skimmed milk powder, milk sugar, milk protein, non-fat milk solids
- Butter, margarine, butter milk
- Cheese
- Cream, artificial cream, creme fraiche
- Ice Cream, yoghurt, fromage frais

## Milk-free alternatives

Table 2

- Dairy free margarine & spreads e.g. Pure, Vitalite, supermarket own brand
- Dairy free cream e.g. Oatley cream, Soya cream
- Soya or coconut yogurts & desserts e.g. Alpro, Koko, supermarket own brand
- Soya cheese e.g. Pure soya slices, Redwood Cheezly (cheddar style, edam style or melting mozzarella), supermarket own brand
- Soya, oat, rice, coconut, almond or hemp milk

## What if the symptoms are better after the 2-4 week trial?

If the symptoms do improve, the diagnosis still needs to be confirmed so that you and your baby are not on a restricted diet for any longer than you have to be. The only way to do this is to re-introduce normal formula gradually see if your baby's symptoms return.

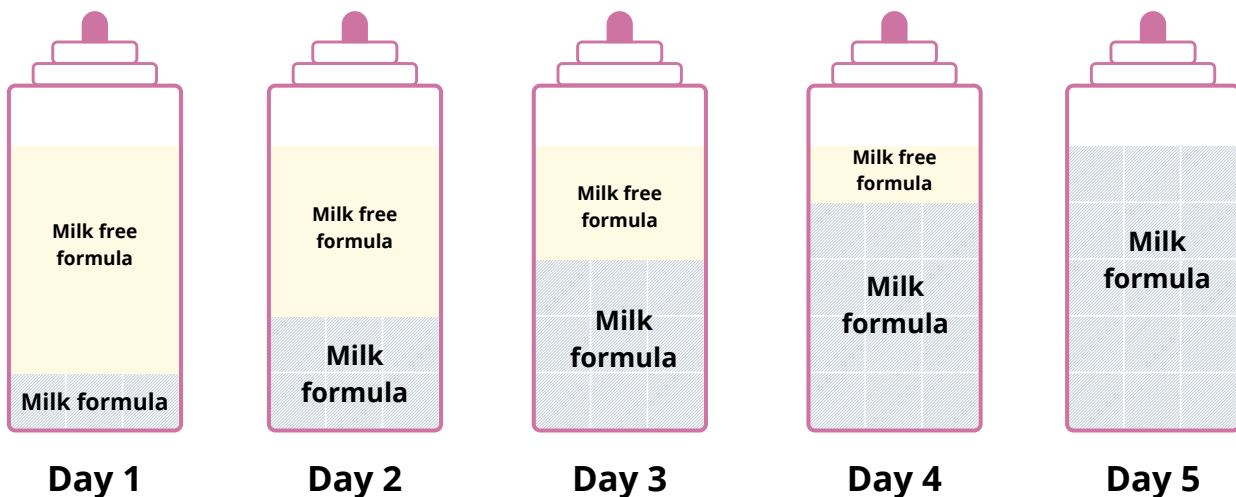
## How do I re-introduce milk?

- Ensure your baby is well when reintroducing cow's milk based formula. If you are unsure please discuss with your GP / health visitor.
- **If your baby shows a return of symptoms at any time during re-introduction do not continue.** Go back to using the cow's milk free formula and inform your GP / Health Visitor to arrange a referral to the paediatric dietitians for dietary assessment and advice.
- Do not introduce any other new foods during this period.
- **If your baby has not developed any symptoms during the re-introduction of milk they do not have a milk allergy and your baby can return to a normal formula and diet.**

# Normal Formula Reintroduction

1. **In the first bottle of the day only**, mixing 30ml (1oz) of normal formula into your child's bottle of milk substitute.
2. Increase by 30ml (1oz) of normal formula each day, **in the first bottle of the day only**, until all the formula in that first bottle is your child's normal formula.
3. Continue with the milk substitute for all other feeds given that day.
4. **Once you child is tolerating a full bottle of their normal formula, then the rest of the bottles can be made up with your child's normal formula for the rest of the day too.**

Example of 150ml (5oz) milk feed with 30ml (1oz) increases in cow's milk formula each day. If your child is nearer one year old they may be using a cup rather than bottle.



If you have any questions or concerns, please contact us.

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