

Patient information leaflet to guide you on confirming or excluding if your child has a cow's milk allergy

When should I reintroduce cow's milk?

2-4 weeks after your child has stopped having cow's milk in their diet (from breast milk, infant formula and foods if eaten), you should give them cow's milk again to see if their symptoms come back.

- **do not** start the reintroduction if your child is unwell e.g.
 - any breathing problems (this includes a common cold).
 - any tummy or teething symptoms.
 - if your child has a flare up of their eczema.
- **do not** start the reintroduction if your child is on any medication that may upset the bowels.
- **do not** stop any medication that your child may be on e.g. reflux medicine, laxatives.
- **do not** introduce any other new foods during the reintroduction.

Keep a record of what your child eats and drinks during the reintroduction. Also record any symptoms such as vomiting, bowel changes, feeding issues, distress, rashes or changes in their eczema.

Do not reintroduce cow's milk if your child gets hives, lip swelling or similar reactions immediately after having cow's milk.

How do I do the cow's milk reintroduction at home?

Formula-Fed Child (any child who has at least one bottle of formula a day):-

You should grade your baby back onto normal cow's milk formula in 1 scoop (1floz) increases each day. Start with the first bottle of the day (see table below). For the rest of the day, keep giving the prescribed low allergy formula only.

Practical example for reintroducing normal formula

For example, if using a 5floz bottle:

Days	Volume of pre-boiled water	Number of scoops of prescribed low allergy formula In first bottle only	Number of scoops cow's milk formula In first bottle only
1	150ml (5floz)	4	1
2	150ml (5floz)	3	2
3	150ml (5floz)	2	3
4	150ml (5floz)	1	4
5	150ml (5floz)	0	5

What do I do if the symptoms come back on normal formula?

- if the symptoms return, **stop** the reintroduction.
give only the low allergy prescribed formula again.
- your child's symptoms should settle again within a few days to weeks.
- let your doctor or health visitor know. They should refer your child to a dietitian.

The diagnosis of cow's milk allergy is now confirmed

What do I do if the symptoms do not come back?

- if your child still has no symptoms after a week and they are drinking a full bottle of normal cow's milk formula, you can stop giving prescribed formula.
- make up all their bottles with normal formula.
- if you are mixed feeding, there is no need for mum to cut out cow's milk from her diet.
- let your doctor or health visitor know.

If after 2 weeks of drinking normal cow's milk formula your child still has no symptoms, they do not have cow's milk allergy and can have a normal diet.

Fully Breast-Fed Child

You should go back to eating and drinking all cow's milk and cow's milk containing foods that you used to have. You do not need to do this gradually.

- if the symptoms come back, cut out all cow's milk and cow's milk foods again (read all labels).
- your child's symptoms should settle again within a few days to weeks.
- let your doctor or health visitor know. They should refer your child to a dietitian.

The diagnosis of cow's milk allergy is now confirmed

If after 2 weeks of drinking normal cow's milk and eating foods like yogurt and cheese while breastfeeding and your child still has no symptoms, they do not have cow's milk allergy and you can both have a normal diet.

In a few children, symptoms of cow's milk allergy may appear later, when larger amounts of cow's milk protein are taken by the child. Examples include drinking cow's milk formula, fresh cow's milk or milk containing foods like yogurt or cheese. Should this happen, contact your doctor or health visitor.