GP Quick Guide: Reviewing CMPA formula prescription when infant reaches 1 year





Infant diagnosed with DELAYED non-IgE mediated mild to moderate CMPA

At age 1 year: Ask parent/carer: Have you trialled reintroducing cow's milk into the child's diet using the milk ladder NO YES Ask parent/carer: Is the child tolerating cow's milk? Emphasise importance of reintroduction, advise to follow the YES NO milk ladder. Arrange a review Ask parent/carer: Is the child eating a varied diet appointment for 2 and growing well? months time NO YES Continue prescribed formula. Stop prescribed formula switch to full ■ Encourage parent/carer to trial fat cow's milk reintroduction of cow's milk Ask parent/carer: Can the child Advise daily children's again using the milk ladder, tolerate soya/oat* drink? review in 2 months vitamin supplement containing 10 µg vitamin Consider referring to YES NO D plus vitamin A & C Paediatric Dietitians Stop prescribed formula and switch to one of the following plant-based Continue prescribed formula dairy milk alternatives (widely available in many supermarkets): until infant reaches 2 years. Alpro Growing Up Soya Drink 1-3 + Years* Encourage parent/carer to trial Alpro Oat Growing Up Drink 1-3+ Years* reintroduction of cow's milk Oatly Oat Drink Barista Edition* again using the milk ladder, Oatly Oat Drink Whole* review in 2 months Advise daily children's vitamin supplement ■ Consider referring to Encourage parent/carer to trial reintroduction of cow's milk again using paediatric dietitian the milk ladder, review in 2 month time. * Dairy milk alternatives should provide at least 120mg calcium/100ml. *If child is struggling to take soya/oat Not all organic versions have vitamins and minerals added. A plantdrink due to taste, advise to titrate with based drink designed for 1-3 year olds or a Whole/Barista oat milk is their usual milk gradually increasing therefore recommended. auantities until the titration is complete

Infant diagnosed with ACUTE/Immediate IgE mediated and/or Severe delayed non-IgE CMPA symptoms

Infants with moderate-severe eczema or Acute/immediate IgE mediated CMPA, should be referred to paediatrician/allergy clinic for assessment, review and advice on the reintroduction of cow's milk. Follow advice provided by clinician.

See Managing Cow's Milk Protein Allergy (CMPA) Pathway for additional advice.