

## RHC ED, CDU & Outpatient pathway for Infants with suspected Non IgE Cows milk protein allergy (CMPA)

*A guideline is intended to assist healthcare professionals in the choice of disease specific treatments. Clinical judgement should be exercised on the applicability of any guideline, influenced by individual patient characteristics. Clinicians should be mindful of the potential for harmful polypharmacy and increased susceptibility to adverse drug reactions in patients with multiple morbidities or frailty.*

*If, after discussion with the patient or carer, there are good reasons for not following a guideline, it is good practice to record these and communicate to others involved in the care of the patient.*

**Developed by:**  
NHSGGC Paediatric Dietitians

**Date Last Updated:** Sep 2021

**Date Review:** Sep 2023

### Management of Infants with Suspected Non IgE Cows Milk Protein Allergy (CMPA) attending RHC

If CMPA is suspected the NHSGGC guideline for the management of Non IgE cows milk allergy in infants should be followed. [Please click for the guideline and information on taking an allergy focused history.](#)

Please refer to the NHS GGC milk free formulary for guidance on appropriate milk free formulas: [GGC milk free formulary](#)

#### Exclusively Breast Fed Infant

- Advise & support the mother to continue breastfeeding
- Advise the mother to commence a milk free diet for 2-4 weeks
- Provide the mother with the leaflet - "[I think my baby has a cow's milk allergy - breast feeding](#)"
- This leaflet will give information on a milk free diet for the mother

#### Mixed Feeding (Breast and Formula)

If an exclusively breastfed infant only reacted on the introduction of standard formula or milk containing weaning foods – then follow pathway for 'formula fed infant' The mother should not be advised to exclude milk from her diet.

If these symptoms pre-date starting standard formula then follow 'exclusively breast fed infant' pathway.

#### Formula Fed Infant

- Change standard formula to Aptamil Pepti 1
- Provide the leaflet - "[I think my baby has a cow's milk allergy - formula feeding](#)". This will also give advice on milk free weaning if required
- Provide 2 tins of Aptamil Pepti 1
- Arrange prescription for 8x 400g tins of Aptamil Pepti 1 formula via GP

Advise the GP of the suspected diagnosis and to follow the [NHS GGC guidelines for the management of Non IgE Cows milk allergy in infants.](#)

The GP/ Health visitor can then refer to Paediatric Dietetics if the diagnosis is confirmed by a 2-4 week exclusion, followed by recurrence of symptoms on reintroduction.

#### When to refer to the Dietitian (contact: 85777):

- Suspected IgE mediated CMPA
- CMPA with faltering growth
- Advice required on specialist formulas
- SFU staff will replenish stocks of Aptamil Pepti and patient leaflets once per week. Please call SFU on 84434 if there is a supply issue