

## Diagnostic milk challenge guidance for parents

It is important to try your baby with milk now. This is to make sure that any improvement in their symptoms is due to cutting out milk (and they have a cow's milk protein allergy) rather than for any other reason.

Do NOT start this challenge if your child has had a positive blood test (RAST) to cow's milk.

Do NOT start this challenge if your child is unwell, e.g.

- Has a cold or any other lung infections or breathing problems
- Eczema has flared up
- Any 'teething' signs that are upsetting your child
- Any tummy/bowel problems e.g. tummy ache or loose nappies

Do NOT start this challenge if your child is having any medication which may upset their tummy, e.g. antibiotics.

Do NOT try any other new foods during this challenge.

Try to write down what your child eats and drinks during the challenge. Also note any symptoms e.g. sickness, loose nappies, rashes or any changes in their eczema.

**Home challenge** - This will depend on whether your baby is breastfeeding or having formula.

**For a formula fed child** (those taking only formula or a mixture of formula and breast feeds):

- Follow the advice in the table below: each day increase the amount of cow's milk formula given in baby's FIRST bottle of the day.
- If you see any obvious symptoms e.g. sickness, tummy pains, a rash, itching, STOP the challenge. Go back to the previous formula baby was taking and inform your GP.
- If you have not seen any symptoms in your child by day 5 (when you have completely replaced one bottle a day with cow's milk formula) you can try giving cow's milk formula for each feed they would usually have from a bottle.
- If you have also been avoiding milk whilst breastfeeding, milk and milk products can be reintroduced into your diet.
- If you do not see any symptoms within 2 weeks of your baby having more than 150mls cow's milk formula per day, then your baby does not have a cow's milk protein allergy.

Days	Volume of boiled water	Cow's milk formula No. of scoops	Hypoallergenic formula No. of scoops
1	150mls	1 in 1 <sup>st</sup> bottle of day	4 in 1 <sup>st</sup> bottle of day
2	150mls	2 in 1 <sup>st</sup> bottle of day	3 in 1 <sup>st</sup> bottle of day
3	150mls	3 in 1 <sup>st</sup> bottle of day	2 in 1 <sup>st</sup> bottle of day
4	150mls	4 in 1 <sup>st</sup> bottle of day	1 in 1 <sup>st</sup> bottle of day
5	150mls	5 in 1 <sup>st</sup> bottle of day	0 in 1 <sup>st</sup> bottle of day

**For a fully breast fed infant:**

Start using cow's milk and cow's milk containing foods in your own diet over 1 week.

- If you see any obvious symptoms, e.g. sickness, tummy pains, a rash, itching in your child, STOP and go back to your milk free diet and inform the GP.
- If you do not see any symptoms in your child then you can go on drinking cow's milk and eating cow's milk containing products, e.g. cheese and yoghurt.
- In some children symptoms of a cow's milk protein allergy may appear at a later time. This may be when you wean your child or if you start using cow's milk formula. If this happens then contact your GP.