

# The Initial Introduction of a Hypoallergenic Formula to a Suspected CMA Infant

In all suspected **IgE-mediated and in severe Non-IgE-mediated CMA** for clinical reasons the Hypoallergenic Formula may need to be introduced directly and without delay.

- Refer the infant promptly to a Paediatric Dietitian.

In suspected **Mild to Moderate Non-IgE CMA** a gradual transitioning onto the Extensively Hydrolysed Formula may be needed over several days. This is because such formulas have a very different flavour and smell compared to either breast milk or cow's milk based formula.

### Transitioning Example:

Day	Volume of Boiled Water (mls)	Hypoallergenic Formula No. of Scoops	Cow's Milk Formula No. of Scoops
Day 1	180 ml	1	5
Day 2		2	4
Day 3		3	3
Day 4		4	2
Day 5		5	1
Day 6		6	0

### Practical tips for all infants

Be patient and persistent - it may take at least 10 days to establish the infant on a reasonable volume of the new Hypoallergenic Formula. You may need to encourage "dream feeds" if volumes are poor

During the introduction period encourage the new formula as the main drink and avoid 'baby juices'

If the infant is of weaning age: use the formula to make baby rice or cow's milk free breakfast cereal and add fruit puree. Also try offering the formula in a closed beaker alone or mixed with a little fruit puree

**If the infant is not achieving adequate volumes of the Hypoallergenic Formula – Refer promptly to a Paediatric Dietitian**

\*Make up each bottle of the day in exactly the same way \*Do not interchange scoops

\*The full schedule needs to be completed- continuing to give any mixture of both Hypoallergenic Formula and Cow's Milk Formula is not acceptable