

Home Challenge to Confirm the Diagnosis of Mild to Moderate Non-IgE CMA

The Formula Fed Infant - Fully formula fed or taking formula to complement breast feeds

Checklist

1. DO NOT challenge if the infant is unwell; if airways are compromised or if eczema is flared up.
2. DO NOT challenge if the infant is receiving medication that may adversely affect the gut e.g. a course of antibiotics.
3. DO NOT introduce any other new foods during the milk challenge.
4. It may be helpful to ask the parents to keep a record of the infant's oral intake, stool pattern and signs during the challenge.

IF SIGNS RETURN

STOP THE CHALLENGE - RETURN TO THE FULL EXCLUSION REGIME

The infant who shows signs again on the Home Challenge – the mother and infant should be promptly seen by a Dietitian for on-going support

IF NO SIGNS RETURN - THE INFANT DOES NOT HAVE COW'S MILK ALLERGY

- and may continue to consume cow's milk-based formula and milk containing products
- Cow's milk itself is NOT A SUITABLE DRINK FOR INFANTS under 12 months of age

EXAMPLE

DAY 1 30mls of Cow's Milk Formula into ONE morning bottle only.

DAYS 2 to 7 Continue to increase the cow's milk formula and reduce the Hypoallergenic Formula using the following example.

Following Days	Volume of Boiled Water (mls)	Hypoallergenic Formula No. of Scoops	Cow's Milk Formula No. of Scoops
Day 2	180	5	1
Day 3	180	4	2
Day 4	180	3	3
Day 5	180	2	4
Day 6	180	1	5
Day 7	180	0	6

*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 Hypoallergenic Formula and Cow's Milk Formula is unacceptable