

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

After a Period of Planned Avoidance

- Usually at 9-12 months of age - or after at least 6 completed months of exclusion

Checklist

If the child now has additional confirmed or suspected food allergies. DO NOT carry out a Home Challenge without Dietetic advice

1. DO NOT challenge if the child is unwell; if airways are compromised or if eczema is flared up
2. DO NOT challenge if the child 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
5. DO introduce the new food early in the day to allow the parents to observe any signs during daytime

The Dietitian can give individualised directions for moving through the stages of the home challenge - if necessary

IF NO SIGNS RETURN

– and the Challenge has been completed,
the child no longer has Cow's Milk Allergy

IF SIGNS RETURN-

DO NOT PROCEED FURTHER WITH THE CHALLENGE

However - the child can be allowed milk proteins at the Stage (if any) that was tolerated

The Challenge will need to be repeated at 4-6 monthly intervals - provided there was no escalation in reaction

Children who do develop signs on the Home Challenge - should be reviewed early by the Dietitian

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Stage	Directions	Suitable Foods
<p>Stage 1 Usually 1 week</p> <p style="text-align: center;">Baked Foods containing Cow's Milk</p>	<p>Choose a food item containing milk as a minor ingredient. Use the same type of food initially, <u>then try other suitable foods</u> The mother or Dietitian can adjust portions with age</p> <p>Day 1 Eat ½ a portion Day 2 Eat 1 portion Day 3 Eat 1-2 portions Day 4 Continue to eat foods containing milk as a minor ingredient more freely; at least for a few more days</p>	<p>Examples of Baked Foods - containing milk as a minor ingredient:</p> <p>Plain Biscuits e.g. Malted Milk, Digestive, Custard Cream, Certain Crackers</p> <p>Breads e.g. breads such as Wheaten or Soda Bread, Pancake (if tolerant of egg)</p>
<p>Stage 2 Usually 1 week</p> <p style="text-align: center;">Milk Puddings and Continue to eat Baked Foods containing Cow's Milk</p>	<p>Choose one type of milk pudding initially. Increase amount daily or on alternate days– as felt indicated</p> <p>Day 1 Offer 1 teaspoon of milk pudding Day 2 Offer ½ a portion e.g. 60g of custard Day 3 Offer 1 portion e.g. 120g (individual pots may vary) Day 4 If no symptoms, continue introducing milk puddings Allow 1 portion daily for a further 3 days</p> <p>If wished– butter can also be introduced now</p>	<p>Some may prefer to initially challenge with “Cooked” milk puddings first e.g. custard, semolina, creamed rice.</p> <p>Then move on to use “Uncooked” milk puddings e.g. yoghurt (natural or with fruit), fromage frais</p> <p>If child refuses or dislikes milk pudding, try gradually introducing cheese over a few days</p> <p>- before moving onto fresh milk</p>
<p>Stage 3 Usually 1-2 weeks</p> <p style="text-align: center;">Fresh Cow's Milk and Continue to eat Baked Foods and Cow's Milk Products</p>	<p>Gradual introduction helps the child adjust to the new taste of cow's milk</p> <ul style="list-style-type: none"> - Introduce 30mls cow's milk early in the day e.g. in cereal - Gradually increase over 2-3 days until the whole serving is made with cow's milk - Continue using cow's milk in cereal and also in cooking - Then begin to gradually replace drinks of the milk substitute with age appropriate formula or cow's milk <p>You have now successfully reintroduced both milk products and cow's milk into the child's diet</p>	<p>Under 12 months - use infant formula as milk drink (if not breast fed)</p> <p>Over 12 months, encourage cup for all drinks</p> <p>12-24 months - Use full cream milk</p> <p>Over 24 months - Can use semi-skimmed milk</p> <p>If milk products are poorly accepted look for calcium fortified breads or cereals– Further Dietetic support may then be needed</p>