

HOME CHALLENGE FOR CHILDREN WITH NON IgE/ DELAYED COW'S MILK ALLERGY

Most young children with cow's milk allergy grow out of their allergy by the time they reach school age. We recommend challenging children at 6-12 month intervals to determine whether they can tolerate milk yet. Children with milder or delayed reactions to milk are usually safe to challenge at home.

Not appropriate for home challenge	Reason
Have had a severe reaction to milk in the past, or to other allergens (e.g. other foods or pets)	They need to be challenged in hospital so they can be kept safe if they have a severe reaction
Have had an immediate reaction to a trace of milk in the past	
Have had an immediate reaction to milk, and have asthma	
Have multiple food allergies	
Are less than a year old	They are unlikely to have grown out of the allergy yet
Have been diagnosed with a milk allergy less than 6 months ago	
Have recently had a reaction to eating milk by accident	
Have eczema which is not well controlled	It will be difficult to see whether reintroducing milk has any effect on their eczema
Are unwell in any way (e.g. has a cold, teething, sickness bug)	It will be difficult to know whether any new symptoms are due to allergy, or because they are unwell

Supporting parents with a home challenge

The iMAP guidelines provide a home challenge milk ladder for parents to follow. Please print it off and give to parents. https://static-content.springer.com/esm/art%3A10.1186%2Fs13601-017-0162-y/MediaObjects/13601_2017_162_MOESM3_ESM.pdf

Milk ladder recipes are also available for parents here https://static-content.springer.com/esm/art%3A10.1186%2Fs13601-017-0162-y/MediaObjects/13601_2017_162_MOESM4_ESM.docx

How does the milk ladder work?

The more 'baked' cow's milk protein is, usually the less allergenic it is. Step 1 begins with a form of very well baked milk protein. The further steps give examples of gradually less well baked milk protein products. Parents move up the ladder to establish level of tolerance. Children who are no longer allergic to cow's milk protein will be able to tolerate free quantities of cow's milk in their diet.

After the home challenge

If the child can tolerate raw cow's milk or standard infant formula in the diet, a prescription of a specialist formula will no longer be required. Some children, though not allergic, do not like the taste of dairy products. Where this occurs, remind parents to ensure their child receives enough calcium from non-dairy sources.

iMAP Reference

Venter, C., et al. Better recognition, diagnosis and management of non-IgE-mediated cow's milk allergy in infancy: iMAP—an international interpretation of the MAP (Milk Allergy in Primary Care) guideline. *Clinical and Translational Allergy*, 2017. 7:26 <https://doi.org/10.1186/s13601-017-0162-y>