

HOW TO CONFIRM A DIAGNOSIS OF NON-IgE COW'S MILK PROTEIN ALLERGY

The only method of confirming a non IgE cow's milk protein allergy is to remove cow's milk protein from the diet, see symptom resolution, and then return milk to the diet and see deterioration in symptoms.

The final step of returning milk to the diet is important because some children will have symptoms resolve on a milk free trial for other reasons e.g. natural end of another illness. Unnecessary treatment limits dietary variety and adequacy, causes worry, and costs the NHS significant amounts for appointments and/or formula prescription

When to confirm the diagnosis

- After a 2-4 week trial of a maternal milk free diet for breastfeeding mums with resolution of symptoms, retrial Mum eating cow's milk protein
- After a 2-4 week trial of a suitable formula for CMPA with resolution of symptoms , retrial standard formula

Give parents the iMAP info sheet on confirming the diagnosis https://static-content.springer.com/esm/art%3A10.1186%2Fs13601-017-0162-y/MediaObjects/13601_2017_162_MOESM2_ESM.pdf