

Diagnosing Cow's Milk Protein Allergy (CMPA)

Cow's milk and other dairy foods are a common cause of food allergy in babies.¹ In Australia and New Zealand around 2% (1 in 50) of babies are allergic to cow's milk.¹

Signs and symptoms of CMPA

Digestive

- Vomiting
- Frequent regurgitation (bringing up food into the mouth)
- Reflux
- Refusal to feed
- Colic (linked to inconsolable crying[†])
- Diarrhoea (with or without blood)
- Constipation
- Dysphagia (difficulty swallowing)
- Stomach pain.

Respiratory

- Wheezing or difficulty breathing
- Runny nose
- Chronic cough (persistent).

Skin

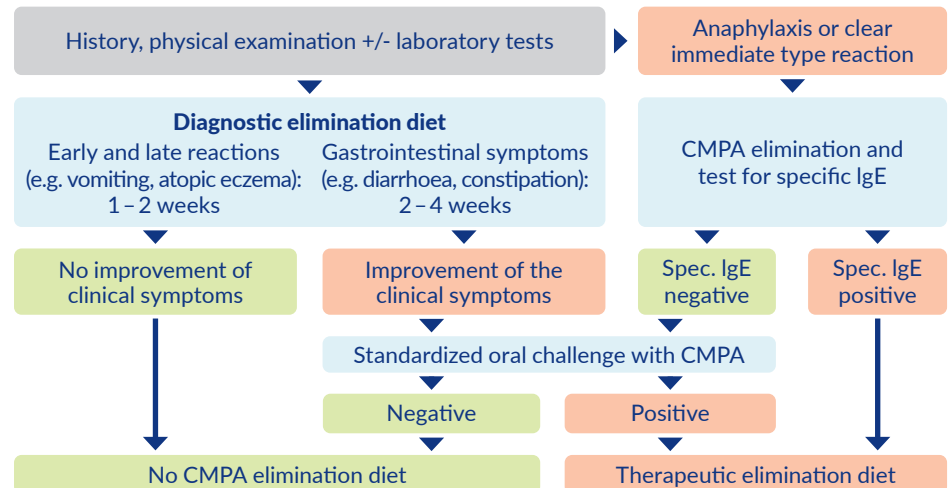
- Urticaria (hives, rash with raised red lumps)
- Angioedema (swelling of lips or eyelids)
- Eczema (dry, scaly or itchy and red skin).

General

- Fatigue
- Lethargy
- Restlessness
- Distress
- Poor sleeping
- Anaphylaxis (occurs in severe cases; a rapid reaction causing swelling and itchy rash).

CMPA diagnostic algorithm[^]

This algorithm is for infants and children with symptoms suggestive of CMPA. Diagnosis needs to be determined by an allergen elimination and food challenge procedure and should be conducted by an experienced medical professional.



Specialised formula and indications in CMPA

Type of allergy	First choice for formula-fed babies	Second choice (if first not tolerated)	Third choice (if second not tolerated)
Immediate (IgE mediated) CMPA (not anaphylaxis)	• eHF (<6 months) or rice protein based formula	AAF	
	• Soy formula (>6 months) or rice protein based formula	eHF	AAF
Anaphylaxis	• AAF or soy formula (>6 months) or rice protein based formula		



For more information scan the QR code to register to NConnect or visit nestlehealthconnect.com.au



[†]Infantile colic is associated with excessive crying over a regular period during the day and is sustained for the first few months of life.

[^]Adapted from ESPGHAN Guidelines, 2012 Koletzko et al. JPGN 2012; 55:221-229.

Reference: 1. ASCIA Cow's Milk (Dairy) Allergy Available at: <https://www.allergy.org.au/patients/food-allergy/cows-milk-dairy-allergy> Accessed June, 2022.

IMPORTANT NOTICE: Breast milk is best for babies and provides ideal nutrition. Good maternal nutrition is important for the preparation and maintenance of breastfeeding. Introducing partial bottle feeding could negatively affect breastfeeding and reversing a decision not to breastfeed is difficult. Professional advice should be followed on infant feeding. Infant formula should be prepared and used exactly as directed or it could pose a health hazard. The preparation requirements and weekly cost of providing infant formula until 12 months of age should be considered before making a decision to formula feed. Mothers should be encouraged to continue breastfeeding even when their infants have cow's milk protein allergy. If a decision to use an infant formula for special dietary use is taken, it must be used under medical supervision.

ALFAMINO® is an infant formula product for special dietary use and must be used under medical supervision. They are not suitable for general use. ALFAMINO® Junior is a food for special medical purposes specifically formulated for the dietary management of children with multiple food allergies (including cow's milk allergy) and malabsorptive conditions. Must be used under medical supervision.

© Reg. Trademark of Société des Produits Nestlé S.A. Nestlé Healthcare Nutrition, a division of Nestlé Australia Ltd, 8 Nexus Court, Mulgrave VIC 3170, Australia. For more information call 1800 671 628.

Information for healthcare professional use only.