

Expected timeline of a CMPA formula prescription



Breastfeeding remains the optimal way to feed a baby with CMPA (cow's milk protein allergy) - mums should be supported to continue breastfeeding wherever possible & mum wishes – see HWE CMPA Guidance for resources and support.

If formula milk is required in part/in entirety, a specialist CMPA formula is needed - below details the expected timeline of a CMPA formula prescription, and circumstances where it may be required for longer:

PRESCRIBE CMPA FORMULA FOR A MINIMUM OF 6 MONTHS - MAJORITY LIKELY DURATION TO AGE 1 YEAR

<u>IF</u> suspected mild/moderate non IgE mediated (delayed onset) CMPA, support <u>HOME MILK CHALLENGE</u> to confirm diagnosis.

Has patient received advice from a **dietitian?** – If not, <u>refer for support.</u>

The HOME MILK CHALLENGE is **NOT for** suspected **IgE mediated (immediate/acute onset) CMPA** – diagnosis for that is by blood test/skin prick test in the specialist allergy setting.

AFTER 6 MONTHS (AND NO EARLIER THAN AGE 9 MONTHS) START MILK LADDER (MILK REINTRODUCTION PLAN)

For **IgE mediated (immediate/acute onset) CMPA**, do **NOT initiate** Milk Ladder in primary care – paediatrician will advise, supported by dietitian or allergy nurse – CMPA formula likely required for longer.

SUCCESSFUL COMPLETION OF MILK LADDER (TOLERATING COW'S MILK) - STOP Prescribing CMPA Formula:

- Until age 1 year caregiver to purchase OTC infant formula.
- Once over age 1 year whole cow's milk can be given as a drink. (Child needs infant formula/breast milk until minimum age 1 year.)

SYMPTOMS RETURN WITH INTRODUCTION OF MILK LADDER/ NOT YET TOLERATING COW'S MILK:

IF NO GROWTH CONCERNS:

- Until age 1 year continue to prescribe CMPA formula.
- Once over age 1 year STOP prescribing CMPA formula.
 Caregiver to purchase OTC fortified non-dairy alternative milk refer to dietitian letter/GP FAQs for suitable types e.g., Alpro Growing Up Drink Oat/Soya 1-3+.

Retry milk ladder periodically until completed successfully - then revert to OTC infant formula until age 1 year/ whole cow's milk if over age 1 year.

For IgE mediated (immediate/acute onset) CMPA: paediatrician will guide, supported by dietitian or allergy nurse, on when safe to retry milk ladder and any suitable non-dairy alternative milk etc.

IF GROWTH CONCERNS:

- Continue to prescribe CMPA formula to age 2 years.
- Child to remain under dietitian for growth monitoring.
- Refer to paediatrician (if not already seen).

OVER AGE 2 YEARS:

STOP prescribing CMPA formula <u>unless</u> severe, persistent & multiple food allergies preventing introduction of cow's milk/ other non-dairy alternatives.

IF CMPA formula continues over age 2 years, child must remain under dietitian (small proportion of patients only).

- For HWE agreed CMPA formulas & amounts to prescribe, see HWE CMPA Guidance
- For further information on alternative formulas and when to stop ("5 STEP check"), see HWE Managing supplies
 & when to stop guidance

Developed by:	Ruth Hammond, Prescribing Support Dietitian, and the wider Prescribing Support Dietetic Team, Herts & West Essex ICB		
	in conjunction with multiple ICS stakeholders, providers and partners.		
Approved by:	Hertfordshire & West Essex Area Prescribing Committee	Version:	1.0
Date approved:	April 2024	Review Date:	April 2027