

- [HWE Cow's milk protein allergy \(CMPA\) guidance](#)
This is the main CMPA guidance document for healthcare professionals in Herts and West Essex. It includes signs, symptoms, referral information, diagnosis, treatment and links to supporting resources.
- [HWE Patient information leaflet – Cow's milk free diet for breastfeeding mums](#)
This information leaflet is for breastfeeding mums whose child displayed symptoms of CMPA when being solely breastfed. Mum will not need to exclude cow's milk products from her own diet if the child showed no symptoms when being solely breastfed and CMPA symptoms only began on introduction of infant formula or on starting solid foods (also known as weaning).
- [HWE CMPA - Managing supplies & when to stop the formula guidance](#)
This additional guidance for practices details alternative CMPA formulas to prescribe if there is a supply problem, addresses areas that negatively affect prescribing, and explains the circumstances when it is safe for practices to stop prescribing the formula.
- [HWE GP FAQs for CMPA](#)
This resource for practices details frequently asked questions and issues, which support the understanding of CMPA and adherence with HWE CMPA guidance and supporting resources. It includes the reasoning behind necessary actions and details additional circumstances when it may be appropriate for practices to prescribe an amino acid formula or when the more specialist CMPA products may be requested by the allergy specialist HCP.
- [HWE Patient FAQs for CMPA](#)
This information leaflet for parents/caregivers details frequently asked questions and issues, which support the understanding of CMPA and why certain actions are necessary. A staple to give to parents/caregivers for the CMPA journey.
- [HWE CMPA formula flow chart](#)
If formula milk is required in part/in entirety, this flow chart details the expected timeline of a CMPA formula prescription, including circumstances where it may be required for longer.

The above guidance/resources include links to external resources from iMAP (International Milk Allergy in Primary Care guidelines) and Allergy UK. These are also detailed below for ease of access:

- [iMAP Allergy focussed clinical history](#) - for GPs to identify if symptoms *could be* CMPA - does *not* diagnose.
- [iMAP Supporting breastfeeding factsheet](#) - additional leaflet to give to breastfeeding mums.
- [iMAP Factsheet for parents/caregivers](#) - initial fact sheet to give if suspected non IgE mediated (delayed onset) CMPA.
- [iMAP HOME MILK CHALLENGE](#) - to confirm diagnosis if suspected non IgE mediated (delayed onset) CMPA, this is for parents/caregivers to follow. *Not for suspected IgE mediated (immediate/acute onset) CMPA.*
- [Allergy UK Cow's milk free diet information](#) - for infants and children (includes information on starting cow's milk free solid foods).
- [iMAP Milk Ladder](#) - used to slowly reintroduce cow's milk back into the child's diet *when it is safe to do so* - refer to [HWE Managing supplies guidance](#).

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| Approved by: | Hertfordshire & West Essex Area Prescribing Committee | Version: | 1.0 |
| Date approved: | April 2024 | Review Date: | April 2027 |