

**This is for Non IgE/delayed allergy children ONLY**

**It is really important to reintroduce cow's milk to your baby's diet even if the milk-free diet/ low allergy formula seems to have helped.**

Baby's change a lot as they grow and some will have improved with time rather than with the change to diet. For those who do have a milk allergy they will need a special diet for at least the next 6 months so it is important that the diagnosis is right.

Retry the milk when your baby is well and do not introduce new foods or medicines at the same time.

### **How to reintroduce cow's milk into the diet:**

**Breast-fed babies:** Mum should gradually bring milk-containing food back into her diet over a period of about one week. If your baby clearly reacts to this then mum should exclude cow's milk again. Sometimes mothers will be able to find a low level of milk in their diet which doesn't seem to affect their baby.

**Bottle fed/ mixed feeding:** Gradually change back to your baby's previous infant formula over a few days.

**Day 1:** On the first day make up one bottle with the special low allergy formula but with one scoop (one ounce/30ml) replaced with normal infant formula. It is best to do this early in the day so you can watch for any reaction. All the rest of the bottles given that day should be the low allergy formula.

**Day 2:** Make up **one** bottle with **half** low-allergy formula and **half** normal infant formula

**Day 3:** Make up **all** bottles with **half** low-allergy formula and **half** normal infant formula

**Day 4:** Make up **all** bottles with normal infant formula.

If your baby develops symptoms again when the amount of normal infant formula is increased, stop and go back to the special low allergy formula.

If you are unsure if there is a change you may want to wait a week and try reintroduction normal infant formula again.

## What happens next?

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If your baby's symptoms get better when milk-free and get worse again when milk is reintroduced then this confirms your baby has a type of cow's milk allergy.

Inform your GP or Health Visitor the outcome of the milk challenge so they can refer you to a Paediatric Dietitian if necessary.

A Paediatric Dietitian review is needed to help you to ensure your baby gets a nutritious diet and to help you choose the right sort of foods on a milk free diet.

Luckily most babies will outgrow this allergy and many will be able to start having some milk containing foods in their diet from 9-12 months age or after about 6 months on the diet. The Paediatric Dietitian will provide guidance on the milk reintroduction process.

Your GP will be able to prescribe the special low allergy milks your baby needs whilst under one year of age. If your baby also reacts to soya protein the GP will often prescribe formula until 2 years of age.

If the diet trials have not shown any improvement it is very unlikely your baby has a milk allergy. Some of the symptoms occur in normal healthy babies and will improve as they get older. In a very small group they will need to try even more specialised milk called an amino acid formula. This is only used in those with severe symptoms which have not improved with the low allergy formula milk. If you remain concerned discuss this with your doctor, health visitor or dietitian.

**These are general guidelines and sometimes will be altered by your doctor, health visitor or dietitian depending on the clinical situation. Discuss this with them if you have any concerns.**