Figure 2: Algorithm for the Diagnosis and Management of Cows' Milk Protein Allergy (CMPA) in Formula-Fed Infants for General Paediatricians and Primary Care Physicians SUSPICION OF COWS' MILK PROTEIN ALLERGY **CLINICAL ASSESSMENT** Clinical findings Family history (risk factor) SUSPICION OF SEVERE CMPA: One or more of the following symptoms: •Gastrointestinal: Failure to thrive due to chronic SUSPICION OF MILD TO MODERATE CMPA: diarrhoea, and/or regurgitation/vomiting and/or refusal **Testing for** One or more of the following symptoms: to feed: iron deficiency anaemia due to occult or •Gastrointestinal: frequent regurgitation, vomiting, **CMPA** macroscopic blood loss; protein losing enteropathy diarrhoea, constipation (with/without perianal rash), blood in Consider the (hypoalbuminaemia); endoscopic/histologically stool, iron deficiency anaemia following: confirmed enteropathy or severe ulcerative colitis •Dermatological: atopic dermatitis, swelling of lips or eye •Skin tests: prick-test, •Dermatological: Exudative or severe atopic dermatitis lids (angio-oedema), urticaria unrelated to acute infections. patch-test for CMP with hypoalbuminaemia-anaemia or failure to thrive or drug intake or other causes •Blood: Total IgE, iron deficiency anaemia •Respiratory: runny nose, chronic cough, wheezing (all specific IgE (RAST) •Respiratory: Acute layngoedema or bronchial unrelated to infection) for CMP obstruction with difficulty in breathing •General: persistent distress or colic (> 3 hrs per day •Systemic reactions (anaphylactic shock – needs wailing/irritable) at least 3 days/week over a period of > 3 immediate referral to hospital for management) weeks Others (rare) REFERRAL TO **ELIMINATION DIET** and Amino Acid Formula (AAF) **PAEDIATRIC** minimal for 2 - 4 weeks **SPECIALIST ELIMINATION DIET** NO IMPROVEMENT **IMPROVEMENT IMPROVEMENT** NO IMPROVEMENT **Paediatric specialist Paediatric specialist** Diagnostic procedures challenge **OPEN CHALLENGE (°)** Resume CMP in elimination diet Cows' milk formula diet or with AAF under clinical observation (*): Amino Acid Formula (AAF) Depending on cost/benefit ratio **CMPA SYMPTOMS** and/or if the child refuses to drink NO CMPA SYMPTOMS Maintain CMP elimination diet until 9 to 12 REPEAT eHF Resume CMP in diet and monitor months of age, but for at least 6 months **CHALLENGE** (°) according to results of control testing in IgE-mediated alleray