

Children's Outpatients Department

Home introduction of baked (well cooked) milk as an ingredient for children with a history of cow's milk allergy

This leaflet is not suitable for children who have had a serious reaction to milk such as wheeze, throat tightening or floppiness. These children may need a hospital-based challenge.

This is for children who have had a previous mild reaction to milk (for example, facial rash or vomiting). This will be discussed with you at your allergy clinic appointment beforehand.

Most children with cow's milk allergy grow out of it in early life. Raw or uncooked cow's milk is more likely to cause allergy than cooked milk.

As the allergy resolves with time, many children will start to tolerate well cooked (baked milk products) followed by lightly cooked milk (such as yogurt) then finally uncooked cow's milk. This leaflet advises on how to introduce baked milk and lightly cooked milk at home. We will review your child in clinic prior to introduction of uncooked cow's milk.

Your allergy team will advise when it is appropriate to try each stage of reintroduction. Use the following information as a guide. There may be variations for individual children, which your allergy team will explain.



Protocol for home introduction

Stage 1: Baked milk products

1. Postpone the reintroduction if your child is unwell.
2. Have oral antihistamines available.

Please refer to diagram A for quantity of biscuit.

Week 1:

Small crumb of biscuit containing whole milk to be eaten every day (malted milk biscuit)

Week 2:

- Large crumb to be eaten for the first 2 days
- $1/16^{\text{th}}$ of biscuit to be eaten for the next 2 days
- $1/8^{\text{th}}$ of biscuit to be eaten for the next 3 days

Week 3:

$1/4$ of biscuit to be eaten every day

Week 4:

$1/2$ biscuit to be eaten daily

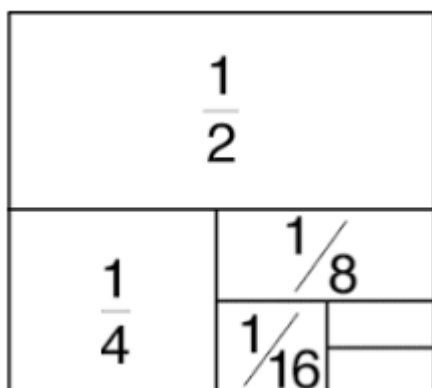
Week 5:

1 whole biscuit to be eaten daily

Patient Information

Diagram A

Use the following diagram to estimate size of biscuit



Try to give the biscuit every day. However, if your child is unwell do not increase the amount given.

If several days are missed, give a smaller amount when you restart and build up again.

If all is going well, after 5 weeks move straight onto stage 2: Lighter cooked milk products.

Stage 2: Lighter cooked milk products

Start first with foods from column 1 and move onto those from column 2 if tolerated. Start with small doses and build up over a period of weeks. The time will vary depending on symptoms.

Column 1	Column 2
Other biscuits and cakes that contain milk protein e.g. digestive biscuits, shortbread, cheesy breadsticks	Margarine (containing milk products) and butter
Cake and biscuits made with butter and dairy margarine	Chocolate, chocolate coated biscuits and breakfast cereal

Patient Information

Croissants and bread that contains milk	Homemade Yorkshire puddings and pancakes
Breakfast cereals that contain milk e.g. special K	Salad dressings that contain milk
Frozen Yorkshire puddings and shop bought pancakes	Soups and sauces that contain milk
Processed meats that contain milk e.g. ham	Yogurt, fromage frais, cooked cheese (e.g. pizza, lasagne), custard

Continue with your usual milk substitute whilst introducing baked milk products. If any symptoms occur, do not give the dose again and contact the allergy team for further advice on childrensallergy@uhcw.nhs.uk

Our secretary can be contacted on 01788 663189.

Allergy specialist nurses are Louise Bashford, Sarah Pitts and Kate Weller.

Paediatric allergy consultants are Dr Colin Macdougall and Dr Anjali Jethwa.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact us on 01788 663189 and we will do our best to meet your needs.

The Trust operates a smoke free policy

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

Document History

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