

Resources

Sources of support for parents/carers of children with suspected or confirmed cow's milk protein allergy

- Allergy UK (www.allergyuk.org). This provides support, advice, and information for people living with allergy.
- The charity CMPA Support (<https://cowsmilkproteinallergysupport.webs.com/>).
 - This aims to raise awareness of cow's milk allergy; provides information, support, and practical advice to parents/carers; and maintains a list of 'free-from' foods that can be bought.
- <http://www.patient.info/>
- <https://www.nhs.uk/common-health-questions/childrens-health/what-should-i-do-if-i-think-my-baby-is-allergic-or-intolerant-to-cows-milk>
- Advice on how to check and interpret food labels and recognise food allergens in ingredients lists on food products.
 - Including alternative terms for specific allergens (milk proteins may be labelled as containing sodium caseinate, calcium caseinate, potassium caesinate, magnesium caesinate, protein hydrolysate, casein, milk serum, lactoalbumin, or lactoglobulin, for example), and advice on precautionary allergen labelling, such as 'may contain' or 'not suitable for' statements.
 - Advise that loose foods (for example bought in markets or open bakeries) and foods imported from outside the EU, may not have food ingredient labelling, and may be best avoided.
 - 'Free from' product finder apps may be helpful.

Formula for CMPA

It is important to check your local formulary before prescribing. (BNF)

Extensively hydrolysed formula		
Alimentum	Aptamil Pepti Syneo	Nutramigen 2 with LGG
SMA Althera	Aptamil Pepti 1	Pregestimil Lipil
Nutramigen 3 with LGG	Aptamil Pepti 2	Nutramigen 1 with LGG
Amino acid-based formula		
EleCare	Neocate Syneo	SMA Alfamino
Neocate Junior		Neocate LCP
Nutramigen PurAmino		