

Practical Pointers for Parents/Carers on carrying out the MAP HOME CHALLENGE

To **CONFIRM THE DIAGNOSIS** of Mild to Moderate Non-IgE Cow's Milk Allergy After an agreed period of milk exclusion, usually 2 to 4 weeks

A Challenge is needed to confirm that any noted improvement in symptoms was really due to cow's milk allergy and not due to other possible factors.

1. DO NOT start the Challenge if your child is unwell e.g:

- Any respiratory or breathing problems (this includes common colds).
- Any tummy or bowel symptoms.
- Any 'teething' symptoms which are thought to be unsettling your child
- Eczema is flared up

2. DO NOT start the Challenge if your child is receiving any medication that may upset the bowels, such as a course of antibiotics.

3. DO NOT introduce any other new foods during the Challenge.

4. Keep a record of what your child eats and drinks during the Challenge and record any possible symptoms such as, vomiting, bowel changes, rashes or changes in their eczema.

The Home Challenge

How you carry out the Challenge depends on whether you are giving any formula milk or are fully breast feeding.

Formula Fed Child (those taking only formula feeds or taking formula as well as breast feeds).

- Each day increase, as set out in the example in the right-hand column, the amount of cow's milk formula in just the FIRST bottle of the day.
- If symptoms are obvious, STOP the Challenge. Give only the prescribed formula again and inform your dietitian or GP.
- If no symptoms occur after day 7, when you have replaced the 1st bottle of the day completely with cow's milk formula, give your child cow's milk formula in all bottles.
- If you were also breast feeding and on a milk free diet yourself, start eating products containing milk again, e.g milk, cheese and yoghurt.
- If no symptoms occur within 2 weeks of your child having more than 200mls of cow's milk formula per day, he/she does not have cow's milk allergy.

A Practical Example of a Challenge in a Formula Fed Child

The Days	Volume (mls.) of Boiled Water	Hypoallergenic Formula No. of Scoops	Cow's Milk Formula No. of Scoops
Day 1	210 mls.	6 in 1 st bottle	1 in 1 st bottle
Day 2	210 mls.	5 in 1 st bottle	2 in 1 st bottle
Day 3	210 mls.	4 in 1 st bottle	3 in 1 st bottle
Day 4	210 mls.	3 in 1 st bottle	4 in 1 st bottle
Day 5	210 mls.	2 in 1 st bottle	5 in 1 st bottle
Day 6	210 mls.	1 in 1 st bottle	6 in 1 st bottle
Day 7	210 mls.	0	7 in 1 st bottle

Fully Breast Fed Child

- Simply reintroduce cow's milk and cow's milk containing foods into your own diet over a 1 week period.
- If symptoms are obvious, STOP the Challenge, return to your full milk exclusion diet and inform your dietitian or GP.
- If no symptoms occur, you can continue to drink cow's milk and eat cow's milk containing products, e.g. cheese and yoghurt.
- In a few children possible symptoms of cow's milk allergy may appear later, either when formula milk is introduced or on weaning when milk containing products or plain milk is introduced into your child's diet. Should this happen contact your dietitian or GP.

For Older Children

If your child is in an older age group, your dietitian or GP may simply advise you to gradually replace his/her hypoallergenic milk with plain milk.

A Practical Example

The Days	Total Volume of Feed in mls.	Volume of Hypoallergenic Formula in mls.	Volume of Plain Milk in mls.
Day 1	210 mls.	180mls. In 1 st bottle or cup	30mls. In 1 st bottle or cup
Day 2	210 mls.	150mls. In 1 st bottle or cup	60mls. In 1 st bottle or cup
Day 3	210 mls.	120mls. In 1 st bottle or cup	90mls. In 1 st bottle or cup
Day 4	210 mls.	90mls. In 1 st bottle or cup	120mls. In 1 st bottle or cup
Day 5	210 mls.	60mls. In 1 st bottle or cup	150mls. In 1 st bottle or cup
Day 6	210 mls.	30mls. In 1 st bottle or cup	180mls. In 1 st bottle or cup
Day 7	210 mls.	0mls.	210mls. In 1 st bottle or cup

- Each day increase, as set out in the example in the left-hand column, the amount of plain milk in just the FIRST bottle or cup of the day.
- If symptoms are obvious, STOP the Challenge. Give only the prescribed formula again and inform your dietitian or GP.
- If no symptoms occur after day 7, when you have replaced the 1st bottle or cup of the day completely with plain milk, give your child plain milk in all bottles or cups.
- If no symptoms occur within 2 weeks of your child having more than 200mls of plain milk per day, he/she does not have cow's milk allergy.