Re-introduction of Dairy in Delayed Cows Milk Allergy

This leaflet describes how one can re-introduce cows milk products safely in a child who has been previously diagnosed with Delayed (non IgE) Cows Milk Protein Allergy (previous symptoms including bloody diarrhea, eczema, gastro-oesophageal reflux and colic). Allergy testing in such children is usually negative and diagnosis made on symptomatic improvement on exclusion of cows milk in the diet. Most children outgrow this type of allergy by the second year of life. The reintroduction of cows milk products can be made by going through the stages, starting off at the stage currently tolerated as described below, and progressing through the stages until stage 6, waiting at least a couple of weeks of regular amounts of food at a particular stage before progressing to the next stage.

If foods in each stage are not tolerated and there is symptom recurrence, then go back to previous stage which was tolerated. If stage 1 is not tolerated exclude cows milk completely. As long as there are no immediate symptoms at any stage, you can try to re-introduce stage previously not tolerated every 3-6 months and build up as described above.

If any immediate symptoms (including rash, swelling, breathing difficulties) occur with the introduction of dairy, and/or any other medical concerns, seek medical advice urgently.

Stage 1  Processed milk such as:

- McVities digestive biscuits
- Malted milk biscuits
- Scones
- Plain cakes without icing
- Cheesy breadsticks
- Pastry
- Shortbread
- Crackers (containing cheese/milk/milk powder)
- Croissant
- Brioche
- Bread that contains milk, eg. Warburtons milk loaf
Stage 2  Dairy that has been in the oven for at least half an hour such as:

- Shepherds pie with milk/cheese
- Fish pie with milk/cheese
- Lasagne with milk/cheese

Stage 3  Lightly cooked dairy such as:

- Homemade custard
- Cheese on toast
- Tinned/pots of rice pudding/custard
- Cheese crisps

Stage 4  Uncooked dairy such as:

- Plain cheese, uncooked
- Yogurt
- Ice cream
- Margarine/butter
- Chocolate/chocolate bars

Stage 5  Cow’s milk boiled for at least 5 minutes

Stage 6  Cow’s milk unheated

Please keep a diary of:

- amount of dairy consumed
- type of dairy consumed
- any symptoms that occurred
- photo diary (symptoms/reactions)

and discuss with your dietician/doctor at your next review.
Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format. Please contact: 01895 279973

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Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem informacji pacjenta (patient information) pod numerem telefonu: 01895 279973.

如果你需要这些资料的其他语言版本，大字体，或音頻格式，請致電01895 279 973查詢。

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يرجى الاتصال بالرقم التالي 01895279973.