










Name: _____


Cow's milk challenge at home

Date: _____


If there is no anticipated risk of a severe reaction e.g. anaphylaxis/ breathing difficulties, your child's IgE test was negative, or your child has delayed non-IgE mediated allergy (gut symptoms), you can challenge at home. It is best to plan the challenge when your child is well and stable. There may be varying levels of tolerance and gradual introduction will help you find your tolerance. The rate of progress through the stages will vary depending on the suspected level of sensitivity of your child.

1. Offer a malted milk biscuit and start with a small amount (crumb of biscuit) on a daily basis over 1 week. If ok, double the dose weekly until tolerating 2 biscuits. Then try ½ a digestive biscuit (ensure contains milk) daily. If ok after 3 days, give 1 biscuit. Alternatively, consider adding skimmed milk powder to homemade bread (see additional information). 
2. Give ½ mini muffin or cup cake (15g) daily and if ok after 3 days, give 1 mini muffin (30g) – ensure no butter icing/ cream filling 
3. Offer 1 commercial Scotch pancake. If ok, introduce other baked foods one at a time that contain cow's milk in a wheat matrix (cooked with flour) e.g. scones, French toast, pastry, malt loaf, shortbread, croissant, brioche, commercial Yorkshire pudding. 
4. If there are no adverse effects after 2 weeks, offer garlic bread and if still ok, give a small portion of cheese cooked in the oven for at least 10-15 minutes, such as cheese straws/ twists/ crackers or a mini pizza and gradually increase the amount over the next few weeks. 
5. Try a small amount of margarine containing milk or butter added to food e.g. scraping on a finger of toast and gradually increase over 2 weeks, so having enough for sandwiches, toast etc 
6. If there are still no adverse effects, offer foods using cow's milk heated for around 30 minutes in the oven e.g rice pudding, savoury meals containing milk/ cheese-based sauces e.g. lasagne, homemade Yorkshire pudding and Scotch pancakes. 
7. Next, try increasing amounts of cheese string and hard cheeses e.g. cheddar. If ok, introduce yogurt (1 tsp) and gradually increase the amount over 2 weeks until tolerating a full yogurt. Then try fromage frais. 
8. If still unaffected after 2 weeks, introduce flavoured crisps, chocolate, ice-cream and soft cheeses. 
9. If still ok after 1-2 weeks, introduce sterilised/ UHT/ ready to feed toddler or infant formula milk in 1floc increments daily in cereal for instance and as a drink and continue until tolerates 200ml daily. Then do the same with fresh/ pasteurised cow's milk or powdered infant formula. 
10. Finally, if no ill effects are observed, to allow their body to adapt to an increasing lactose load, continue to replace the milk substitute with cow's milk. NB/ cow's milk infant formula should be used in children up to 1 year of age.

If on formula:

Gradually replace the hypoallergenic milk with cow's milk/ cow's milk containing formula. Start by adding 1floc (30ml) cow's milk/ cow's milk containing formula to the formula and increase the cow's milk in 1 floc (30ml) increments every 1-2 days. 

In older children:

Introduce 1 cup of milk/ small glass at a time per week, up to 3 cups/ small glasses a day. 

You should aim for a minimum of ½ to 1 pint per day or equivalent (1/3 pint milk, or 1 adult sized carton of yogurt or a small matchbox size of cheese), but this may need to be assessed by the dietitian.

“Our mission is to provide a patient-centred service that supports early recognition, diagnosis and treatment of food allergy in children, thereby enhancing quality of life”