

Introduction of Fresh Cow's Milk

Information for patients, relatives, and carers

① For more information, please contact the Paediatric Allergy Team
Allergy nurse: 07984 291824
Allergy Support Worker: 07824 452313
Team Secretary: 01904 721435
Team email: yhs-tr.paediatricallergyysth@nhs.net

Reintroduction of Milk

It is recommended that you give full fat cow's milk to children from 12 months until five years of age and semi-skimmed after five years of age.

Before commencing the home reintroduction

- Postpone the reintroduction if your child is unwell.
- Give it on a day where you have time to observe your child.
- Have oral antihistamines available in case of any allergic reaction.

Please give:

30 millilitres (ml) a day for a week, then
60ml a day for a week, then
90ml a day for a week, then
120ml a day for a week.
Then you can give freely.

This can be mixed in with their usual milk, if you wish, to aid transition.

You can also start giving other dairy containing products as well as milk (e.g. butter, yogurt, cheese, ice cream, etc.) but no more than two new products a week.

Observe your child for any signs of allergic reaction (see below).

It is not unusual for your child to have some loose stools due to the increased fat content in their diet.

It is also common for their eczema to flare on the reintroduction of milk and if this happens, how to manage it can be discussed with the paediatric allergy nurse.

Symptoms of a reaction can occur up to two hours after having milk.

<p>Mild or moderate symptoms include:</p> <ul style="list-style-type: none">• Rash• Itching• abdominal pain• vomiting	<p>In more severe cases symptoms include:</p> <ul style="list-style-type: none">• difficult or noisy breathing• swelling of the tongue• wheeze or persistent cough
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If your child displays any of the mild or moderate symptoms above, stop giving milk and other dairy products and give antihistamines.

If your child develops severe symptoms, call 999 and seek emergency medical review. Follow your child's allergy management plan and use their adrenaline auto-injector (e.g. EpiPen, Jext, etc.) if you have one.

If your child has any reactions or you have any questions, please contact the paediatric allergy team on the details below.

The Allergy Specialist Nursing Team can be contacted within office hours on:
Mobile 07984 291824 or 07824 452313 (**not** for emergencies)
Telephone 01904 721356 (answer machine only)
Email: yhs-tr.paediatricallergyysth@nhs.net

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please telephone the Paediatric Allergy Team on 07984 291824 or 07824 452313 or email us at yhs-tr.paediatricallergyysth@nhs.net.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net

An answer phone is available out of hours.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

Owner	S. Fisher (Allergy Nurse) & Dr C. Magson (Consultant in Allergy)
Date first issued	August 2015
Review Date	September 2027
Version	5 (issued November 2024)
Approved by	Child Health Clinical Governance Group
Document Reference	PIL941 v5
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