

Successful Cow's Milk Challenge

Discharge Information for patients, relatives and carers

Child Health

① For more information please contact, Paediatric Allergy Specialist Nurses
Telephone: 01904 721356
Mobile: 07984291824
The York Hospital, Wigginton Road, York, YO31 8HE

Your child has successfully completed an Open Food Challenge for Cow's milk

On: _____

To maintain their tolerance please continue to give milk regularly.

It is recommended that you gave full fat cow's milk to children under five years of age and semi-skimmed after five years of age.

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 the milk e.g. butter, yogurt, cheese, ice cream, custard etc. but no more than two new items per week.

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

Caring for your child at home after a challenge

It is important that your child remains under adult supervision overnight. Most reactions are immediate or occur soon after eating the food. Very rarely a delayed reaction can occur (including an eczema flare or gastrointestinal symptoms). If the delayed reaction is mild a dose of antihistamine may be enough treatment.

If you have any concerns at all in the 24 hours following the Open Food Challenge please contact your nearest hospital:

York Patients please contact:
The Children's Ward (Ward 17)
The York Hospital
01904 726017

Scarborough Patients please contact:
Duke of Kent Ward
Scarborough Hospital
01723 342336

If your child has experienced a delayed reaction please contact the allergy team to discuss whether milk can still be included in your child's diet.

The Allergy Specialist Nurses can be contacted, within office hours, on
Mobile: 07983291824
Telephone: 01904 721356 (answer machine only)

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 contact: Paediatric Allergy Specialist Nurses, The York Hospital, Wigginton Road, York YO31 8HE, telephone 01904 721356

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.

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 pals@york.nhs.uk.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

Email: access@york.nhs.uk

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