

## COWS' MILK ALLERGY SYMPTOMS DIARY

Because cows' milk allergy and other food allergies are difficult to diagnose, **it's important to try and track any patterns that may exist in your baby's behaviour**; be it after a feed, at night or nappy changes. **Bring this along to your next health visit to help better prepare for your appointment and to help your healthcare professional make a diagnosis.**

**NAME** .....

**FEEDING DETAILS**

**AGE** .....

Breastfeeding or name of feed

**DATE** .....

### TIMES OF FEED AND VOLUME INGESTED (ml) IF KNOWN

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### SIGNS AND SYMPTOMS\*

#### DIGESTIVE

- Vomiting
- Frequent regurgitation
- Reflux
- Refusal to feed
- Colic (linked to inconsolable crying\*\*)
- Diarrhoea (with or without blood)
- Constipation
- Dysphagia
- Stomach pain

#### RESPIRATORY

- Wheezing or difficulty breathing
- Runny nose and sneezing
- Chronic cough
- Anaphylactic shock

#### SKIN

- Hives, rash and swelling
- Angioedema
- Eczema

#### GENERAL

- Fatigue
- Lethargy
- Restlessness
- Distress
- Poor sleeping
- Growth problems
- Refusal to feed

### NAPPY CHANGES

Number of nappy changes .....

Colour and consistency of stool .....

\*Based on the European Society of Paediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN) guidelines 2012.

\*\* Infantile colic is associated with excessive crying over a regular period during the day and is sustained for the first few months of life.



**GO TO [www.nestlehealthscience.uk/cma](http://www.nestlehealthscience.uk/cma) to print more 'My baby's CMA diary' pages. Bring it to your next appointment!**

#### IMPORTANT NOTICE:

Breastfeeding is the best form of nutrition for babies and mothers. Mothers should be encouraged to continue breastfeeding even when their babies have cows' milk allergy. This often requires qualified dietary counseling to completely exclude all sources of cows' milk protein from the mothers' diet. If a decision to use a special formula intended for infants is taken, it is important to follow the instructions on the label. Unboiled water, unboiled bottles or incorrect dilution can make babies ill. Incorrect storage, handling, preparation and feeding can eventually lead to adverse effects on the health of babies.

Formulas for special medical purposes are intended for infants and must be used under medical supervision. This is not a diagnostic tool.

