

COW'S MILK (DAIRY) CHALLENGE PROTOCOL

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CHALLENGE SUBSTANCE

1. Less than 12 months old – cow's milk based infant formula
2. More than 12 months old - full cream cow's milk

CHALLENGE PROTOCOL - Day 1

TIME	ml milk
0	0.1ml (not to touch outside lip)
20 min	1 ml
40 min	5 ml
60 min	15 ml
80 min	40 ml
100 min	100 ml
Daily total	~160 ml

OBSERVATION POST-CHALLENGE

Generally for 2 hours

HOME CONTINUATION

Day 2: 160 ml

Days 3-14: Increase amount as tolerated until all bottles in an infant (<12 months of age) are cow's milk based formula or daily amount is 200-300 ml (>12 months of age).

Note: Completely or partly hydrolysed (HA) formula should NOT be used for milk challenges.

ASCIA Food Allergen Challenge Protocols have been developed to standardise protocols used by clinical immunology and allergy specialists in Australia and New Zealand. However, ASCIA takes no responsibility for any adverse outcomes that may occur using these protocols. It is important to note that food challenges:

- Are primarily used to determine if positive food allergy tests are associated with current clinical allergy.
- Should only be undertaken for patients who have been carefully selected by clinical immunology and allergy specialists or appropriately qualified and experienced medical practitioners in consultation with clinical immunology and allergy specialists.
- May provoke an allergic reaction in sensitised individuals and should therefore only be performed under medical supervision with immediate access to emergency treatment for anaphylaxis.

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