### My baby’s CMA assessment

If you suspect that your child might have cow’s milk allergy, it’s important that you take them to your GP and don’t self-diagnose.

It’s a good idea to go prepared with information about your child’s symptoms. The answers to the following questions may help your GP when considering the diagnosis, so why not complete this questionnaire and take it along to your appointment. The symptoms discussed below don’t necessarily mean that your child has cow’s milk allergy, and your GP may well ask you more detailed questions when you get to your appointment – so be guided by your GP’s advice.

#### Colic

Does your baby show any of the following?
- Colic / excessive crying
- Won’t settle / can’t be put down
- Arching back
- Pulling up legs / writhing
- Screaming when lying flat

#### Feeding problems

Does your baby show any of the following?
- Brings up small amounts of milk (reflux) often
- Vomits large amounts
  - If yes:
    - Is this projectile vomiting? Yes / No
    - How soon does this happen after feeding?
    - How often does this happen?
- Difficulties swallowing
- Choking episodes
- Difficulties feeding

#### Bowel problems

How often does your baby poo?
- Do you think your baby’s poo is normal?
- Does your baby show any of the following?
  - Loose / frequent / explosive poo (diarrhoea)
  - Very smelly poo
  - Poo contains blood
  - Hard poo / strains to poo (constipation)
  - Slimy poo / poo contains mucus

#### Skin problems

Does your baby show any of the following?
- Red skin
- Dry skin
- Bumpy rash
- Itchiness
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Breathing problems
Does your baby show any of the following, more than normal?
- Coughing
- Wheezing
- Blocked nose
- Runny nose / sneezing

Patterns in these symptoms
Do these symptoms get worse at certain times of day / after feeds?

Did the start of these symptoms coincide with any changes in feeding habits, like starting formula or solid foods for the first time?

Feeding habits
How has your baby been fed since birth?
- Breast milk
- Formula
- Combination of breast milk and formula

If your baby’s been formula fed:
How old was your baby when first fed formula?
How much formula does your baby have per day?
Has your baby been weaned onto solid foods? Yes / No

Family history
Does anyone in your family have any of the following?
- Asthma
- Eczema
- Hayfever
- Confirmed food allergies
- Suspected food “intolerances”
- Any foods avoided (if so, please state reason):

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