

Is it Cow's Milk Protein Intolerance?



My Baby's Assessment

The questions below are useful to help you think more about your baby's symptoms and thereby empower you when you speak to a professional such as your GP or dietitian for further help and advice. This questionnaire is not used to self-diagnose. Although food allergy in children is common, it does not necessary mean that your baby is intolerant to cow's milk. Therefore it is important to speak to a professional for further guidance.

For now, **empower yourself:**

Bowel problems

Is your baby showing any of the following signs?

Colic

Pulling up legs

Diarrhoea

Constipation

Blood in stools

Feeding problems

Is your baby showing any of the following signs?

Brings up small amounts of feed

Brings up large amounts of feed

Projectile vomits

Difficulty feeding

Skin problems

Bumpy rash

Pruritus (itching)

Dry skin

Erythema (redness/inflammation)

My Baby's Assessment

Other Problems

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> Excessive crying | <input type="checkbox"/> Poor growth |
| <input type="checkbox"/> Won't settle | <input type="checkbox"/> Wheezing |
| <input type="checkbox"/> Arching back | |

Feeding Habits

How have you fed your baby since birth?

- Breast milk
- Formula
- Combination of both

Have you started weaning yet?

- Yes
- No

Family History

Has anyone in the family got any of the following symptoms?

- | | |
|------------------------------------|---|
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Eczema |
| <input type="checkbox"/> Hay fever | <input type="checkbox"/> Any other please state |

If you have answered yes to most of the questions then it most likely is cow's milk protein intolerance. However, it's always advisable to speak to a health care specialist before you self-diagnose.

The management of cow's milk intolerance is usually straight forward. With the correct advice, guidance and resources you may find an improvement in your baby's symptoms within less than 72 hours. You can either book yourself in to see your GP or for instant help and advice book yourself in to speak to Nishti from the comfort of your own home. If you decide to speak to Nishti then please have this questionnaire to hand for reference.