

SYMPTOMS CHECKLIST



Is it cows' milk protein allergy?

If you think your baby may have a cows' milk protein allergy (CMPA), you should talk to your doctor (GP) and/or Paediatrician as soon as possible. If you are worried that your baby may have cows' milk protein allergy, complete the questionnaire below and take a copy of your answers to your doctor (GP) and/or paediatrician to guide your conversations about symptoms.

Dermatological (skin)

1. Does your child experience itchy, red, raised skin (eczema)?

Yes Sometimes Rarely No

Eczema is a form of atopic dermatitis, or inflammation of the outer layer of the skin.

2. Have you noticed any white or red coloured welts that may or may not be inflamed?

Yes Sometimes Rarely No

These are often very itchy, round welts often referred to as hives/urticaria.

3. Have you noticed any rashes on the skin?

Yes Sometimes Rarely No

Respiratory (airways)

4. Does your child experience wheezing?

Yes Sometimes Rarely No

A wheeze is a continuous coarse, whistling sound produced in the respiratory airways during breathing.

5. Does your child find it difficult to breath sometimes or become breathless?

Yes Sometimes Rarely No

(Note, if you are concerned in any way that this might be an emergency then call emergency services immediately).
Breathing problems or breathlessness is the inability to take in the oxygen the body needs.

6. Does your child have a persistent cough?

Yes Sometimes Rarely No

Chronic coughing is when air is expelled through the lungs out of the mouth, often repetitive and lasting for a period of time.

Gastrointestinal (gut)

7. Does your child have diarrhoea?

Yes Sometimes Rarely No

Diarrhea is common in babies and is defined as frequent, loose, watery stools. Persistent diarrhea (an average of two to four times a day for more than five to seven days) and/or if there is blood in the stool, it could indicate cows' milk protein allergy.

8. Does your child ever have blood/mucus in stools?

Yes Sometimes Rarely No

9. Does your child have constipation?

Yes Sometimes Rarely No

Constipation refers to bowel movements that are infrequent and hard to pass.

10. Does your child have infantile colic?

Yes Sometimes Rarely No

Colic (also known as infantile colic, three-month colic, and infant colic) is a condition in which an otherwise healthy baby cries or screams frequently and for extended periods, without any discernible reason.

11. Does your child experience vomiting?

Yes Sometimes Rarely No

12. Is reflux and/or regurgitation a problem for your child?

Yes Sometimes Rarely No

This is when a baby spits up and the contents comes up from the stomach.

13. Does your child experience gassiness and/or bloating?

Yes Sometimes Rarely No

All babies have gas, but when it occurs along with several of these other symptoms it can signal an allergy to cows' milk proteins. Bloating is any abnormal general swelling or increase in diameter of the abdominal area.

If you have ticked 'yes', 'sometimes' or 'rarely' for one or more symptoms using this checklist, this does not indicate that the baby has cows' milk protein allergy as the tool is not designed to diagnose conditions and healthcare professional advice should be sought for diagnosis. The signs and symptoms listed in the checklist cover many common conditions that babies can develop. A general practitioner (GP), paediatrician and/or specialist should be consulted to provide a formal diagnosis.