

Milk Related Problems in Childhood

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Objectives

- Understand the difference between lactose intolerance and cow's milk protein intolerance
- How to diagnose them?
- What milk and how long for?

Remember those Guidelines!!

- <https://remedy.bristolccg.nhs.uk/>

BRHC GUIDELINES RELEVANT to GPs

- [Asthma: Management Acute Asthma](#)
- [Asthma: Management Chronic Asthma](#)
- [Bell's Palsy In Children: Diagnosis And Management](#)
- [Bronchiolitis](#)
- [Community Acquired Pneumonia: Management in Child](#)
- [congenital hip dysplasia \(dislocation\) - GP referral](#)
- [Constipation in Children](#)
- [Croup Management](#)
- [Croup Patient Information Leaflet](#)
- [Diabetes Mellitus: Referral Pathway for child under 16](#)
- [Faltering Growth Guidelines \(Paediatric\)](#)

Feeding Your Baby on a Cow's Milk Free Diet Patient Information Leaflet

- Food Allergy Management
- Gastro-Oesophageal Reflux Disease Management
- Headache Diagnosis and Management Algorithm
- Henoch-Schonlein Purpura
- Immune Thrombocytopenia (ITP) in Children
- Jaundice: Prolonged Neonatal Jaundice
- Metoclopramide for increasing Breast milk supply
- Milk related problems in children
- orbital and Periorbital Cellulitis in Children
- Orthopaedic problems of the lower limb - referral guidance for common problems
- Plagiocephaly and odd head shape in Infancy Management Guideline
- Plagiocephaly Leaflet: Positional Plagiocephaly Information For Families
- Surgery and Urology Out-patient Referrals - what to refer, and when
- Urinary Tract Infection Guidelines
- Vitamin D Deficiency

Child presents with possible problem related to milk

Wheeze/stridor, swelling, urticaria or vomiting present within minutes to 1 hour of ingestion
Type 1 Cow's Milk Allergy suspected
(see [Food Allergy guideline](#))

Diarrhoea, nausea, flatulence, abdominal pain
Lactose Intolerance suspected
([Algorithm 1](#))

Eczema not responding to good conventional treatment

Gastrointestinal Problems:

Diarrhoea with mucous and blood, well child (procto-colitis)

Chronic diarrhoea, malabsorption, faltering growth (protein-losing enteropathy)

Gastro-oesophageal reflux not responding to full treatment

Cow's Milk Protein (CMP) intolerance suspected
([Algorithm 2](#))

Milk Problems

Parents bring 6 week old baby and say he has been miserable since birth with diarrhoea.

He brings up some feeds.

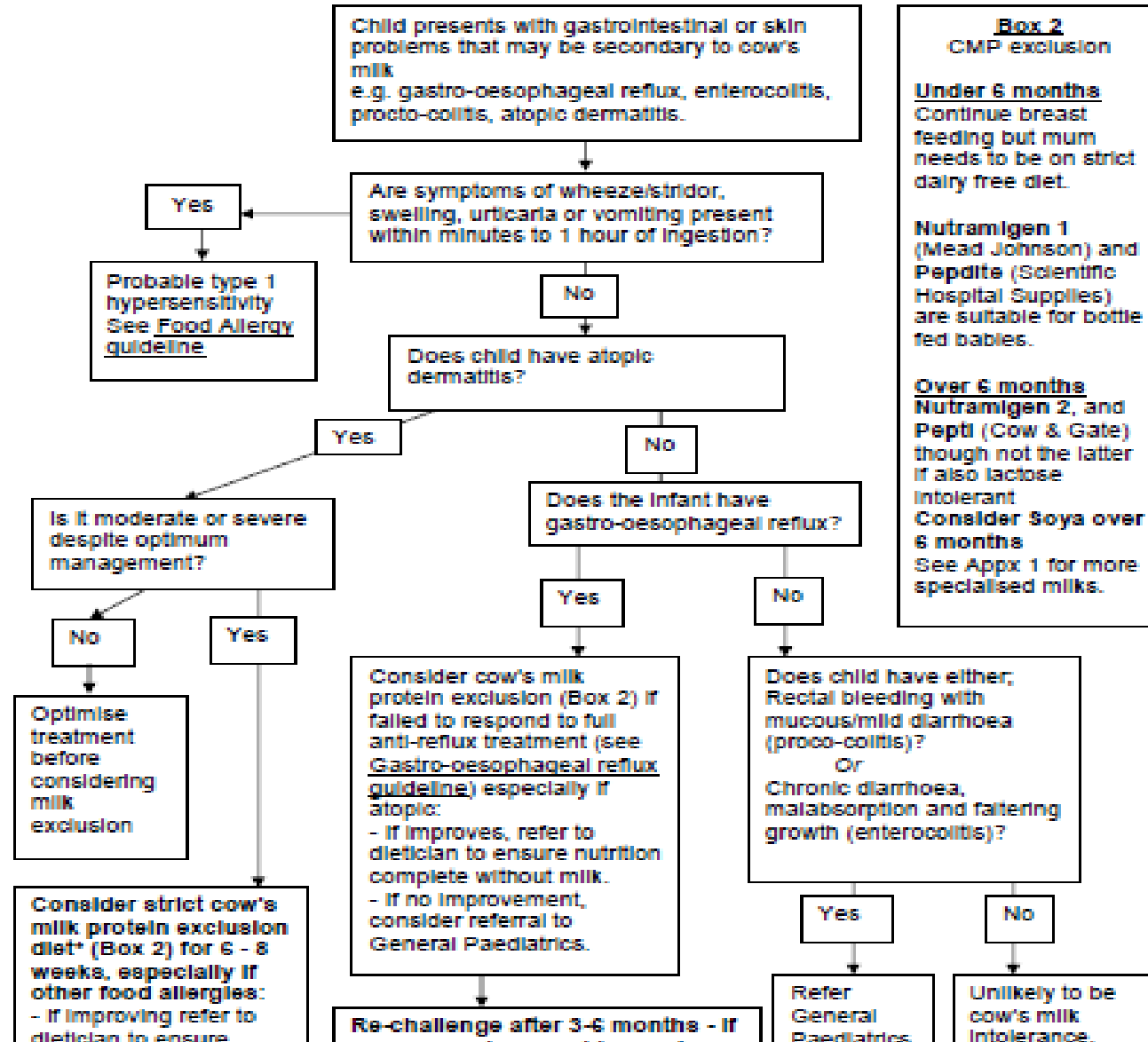
Mum has spoken to her friend and they think he is allergic to milk.

She would like you to prescribe some soya milk?



Cow's Milk Protein Intolerance (Algorithm 2)

(For special milks see Appendix 1)



Milk ladder



Which milk beyond a year?

- From 1 year - Soya
- From 2 years Oat, hazelnut or almond milk if on soya and cows milk free diet
- From 5 years Rice milk can be used.

Case 2

- Mum brings 8 week old Callum to see you. She says he has been miserable for the past 2 weeks with some screaming episodes.
- He has had some posseting since birth. Today his stool is yellow and streaked with blood. Mum is concerned. How will you manage this?

Case 3

- 4 week old Sam is brought by his mum. She is breast feeding. She says he has been miserable since birth and is bringing up lots of milk every time he is fed and in between. You have seen him 4 times already and tried infant gaviscon. He has mild eczema and has slipped one centile

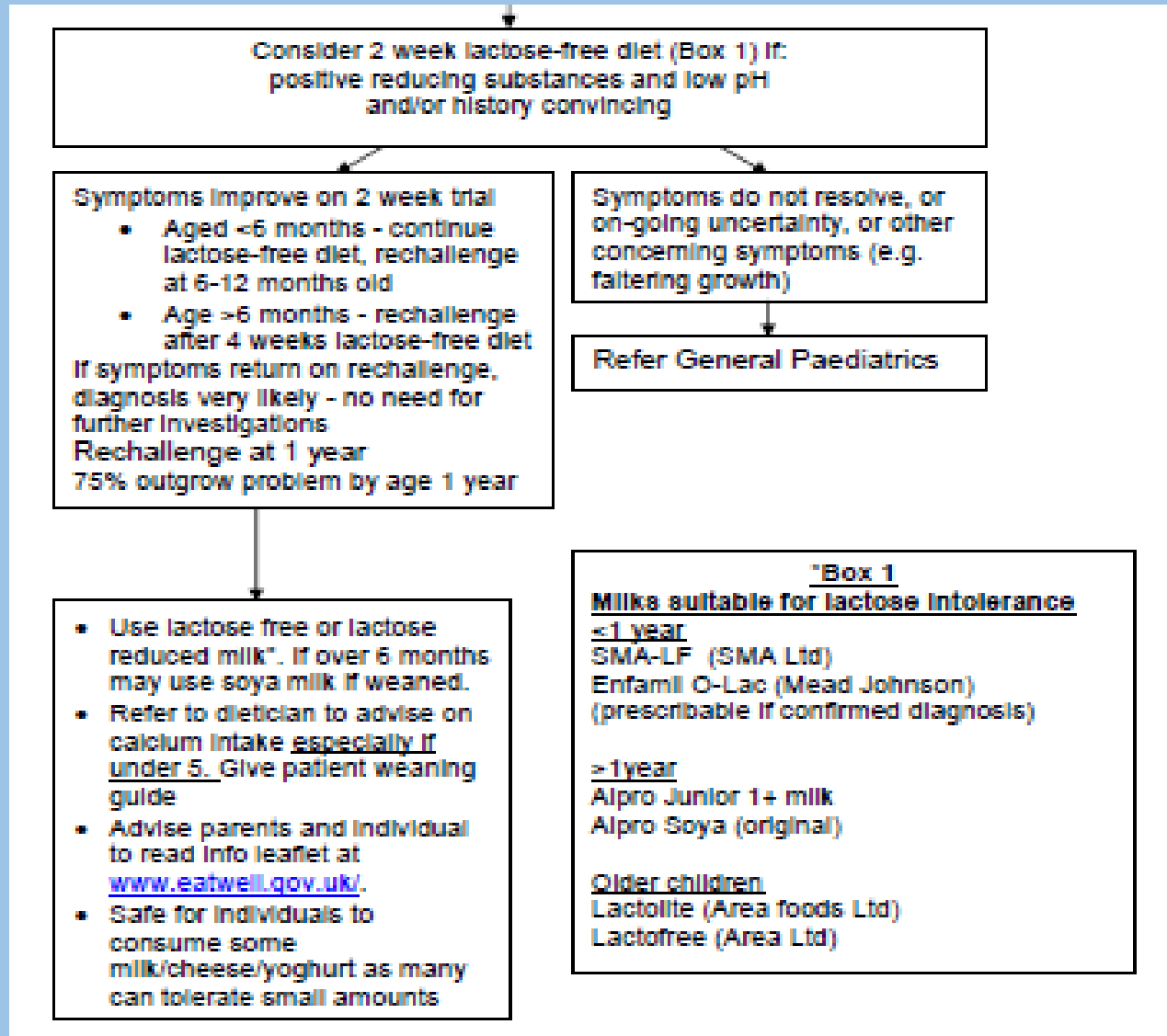
Case 4

- 12 year old Tabby is brought to see you by her mum because she will not drink milk. Mum is concerned about her calcium intake. When asked Tabby says she does not drink milk as it gives her stomach ache and mum says she will rush to the toilet. She can manage some cheese but does not like yoghurts. What is the likely diagnosis and how will you manage it?

Presents with possible lactose intolerance:
abdominal pain, flatulence, nausea, diarrhoea
without blood

- Check stool pH and reducing substances (Child must be on milk and not on colief or gripe water. Stool to lab within 12 hours)
- High false negative rate but helpful if confirms diagnosis (low pH and positive reducing substances)
- Look for other causes, particularly if Caucasian or under 2 years, as lactose intolerance rare in these groups - consider coeliac screen (Include total IgA), stool culture for bacteriology and virology

Consider 2 week lactose-free diet (Box 1) if:
positive reducing substances and low pH
and/or history convincing



Thank you for listening!!