

Home baked milk introduction

A guide for parents and children seen in our allergy service

This information sheet will guide you through the process of home baked milk introduction. This process involves gradual introduction of baked milk, starting from a small dose and increasing the amount over the period of approximately three months.

What does extensively heated cow's milk mean?

This means baking cow's milk at 180C for 20 minutes in order to change the structure of the cow's milk protein.

Why we are recommending home baked cow's milk introduction

We have performed allergy tests which indicate that your child has a good chance of tolerating extensively heated cow's milk. This suggests that you could gradually introduce baked milk into your child's diet under your supervision after which your child should be able to consume baked cow's milk without having an allergic reaction.

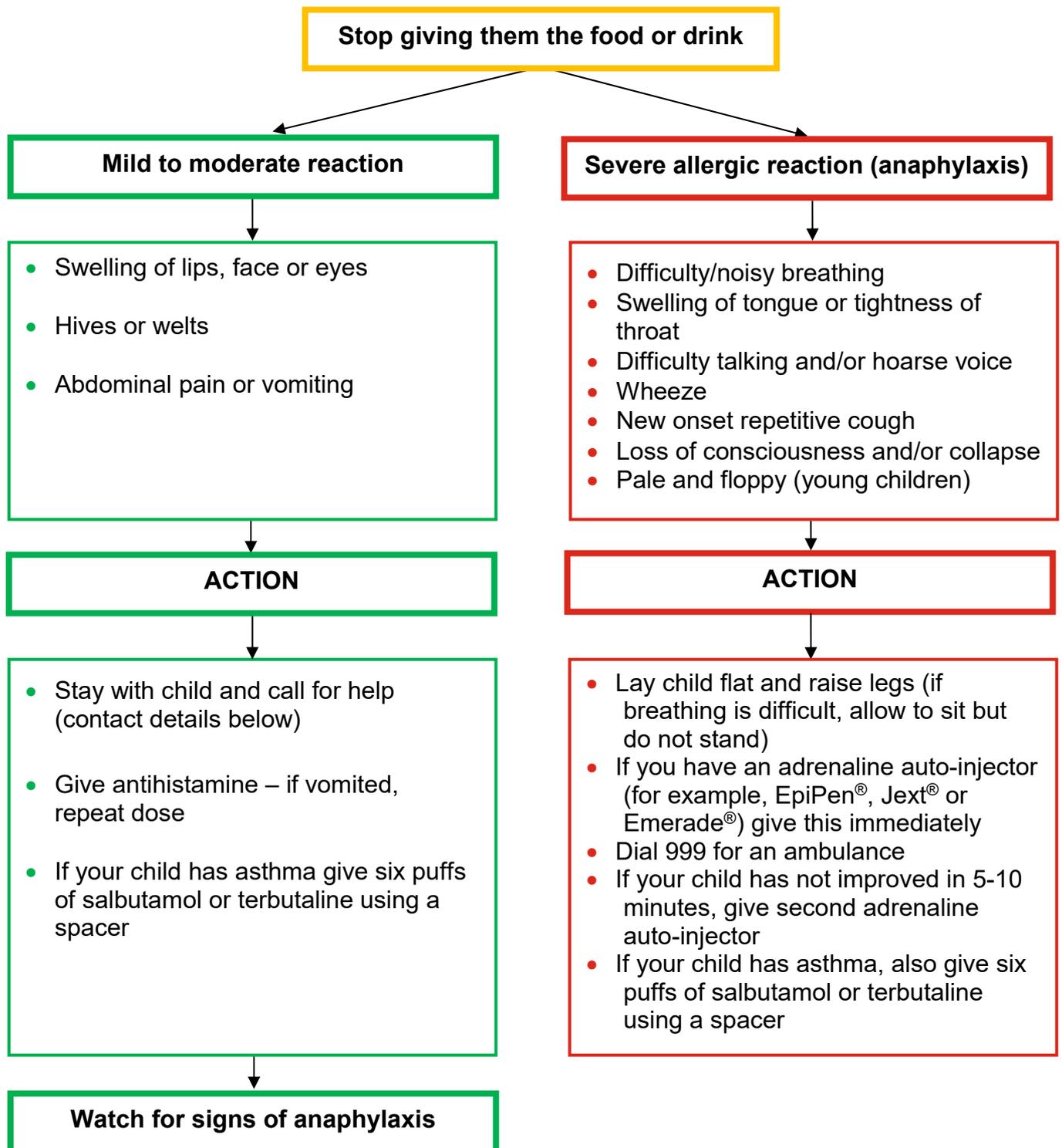
When to perform the home baked cow's milk introduction

- Make sure your child is well with no illness (including mild coughs and colds).
- Make sure that their eczema, asthma or hay-fever has not flared up.
- Your child can continue to take their regular antihistamines (for example, Piriton[®], Cetirizine, Loratidine) throughout home desensitisation.

Where to perform home baked cow's milk introduction

- Make sure that the first time you give the food and each time you increase the amount of food you give to your child, you do this in your own home (not at nursery or school).
- You will need to allow sufficient time to observe your child for at least two hours after the first dose and after each of the first increased doses of baked cow's milk.
- Make sure that you have easy access to your child's emergency medications, as stated on their emergency plan, in case of an immediate allergic reaction. This type of reaction can occur within minutes or up to two hours after eating the food.
- If your child has any signs of an immediate allergic reaction, stop giving the food and give the necessary medications (use the flow diagram on page 2).

What to do if your child has an immediate reaction to the food



If you are unsure whether your child is having an allergic reaction, stop giving the food and observe closely for any symptoms

How to do home introduction using baked cow's milk

Scone recipe (to make 16 scones)

The scone recipe using skimmed cow's milk powder provides a convenient way to prepare baked cow's milk for the home introduction program. Each scone contains the equivalent of 40ml of baked milk. We recommend using skimmed milk powder in the scone recipe as this has a higher milk protein content making the scones smaller and more manageable to eat.

Ingredients

230g (8 oz) self-raising flour, plus more for dusting (use gluten free flour if your child is wheat allergic)

60g (2 oz) milk-free margarine

½ teaspoon baking powder

Pinch of salt

60g dried, skimmed milk powder **sieved** (36.1g protein per 100g, so 21.66g per 60g)

30g (1 oz) caster sugar

110ml water

Per scone = 1.35g milk protein

Method

1. Heat oven to 180C / fan 160C / gas 4.
2. Rub margarine into the flour until it looks like fine bread crumbs.
3. Mix in baking powder, salt, sieved milk powder and sugar.
4. Add the water gradually and mix into a dough.
5. Flatten the dough in your hands and shape it into a cube shape.
6. On a floured surface continue to shape it into a cube shape so that it is approximately 3cm (1¼ inches) thick.
7. Using a sharp knife, cut into 16 equal-sized individual scones.
8. Place scones on a greased baking tin as per the diagram and bake in the middle of the oven for 20 minutes.
9. Set aside one scone for the first week of your child's desensitisation program and either eat the rest or freeze to use for the other doses.

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16

Note: If freezing, freeze when cool and use within three months. Defrost as needed, and then put in a low oven (about 160C / fan 140C / gas 3) for a few minutes to refresh.

Before you start

Make sure that the scone is **not contaminated** with any other foods that your child is allergic to or has never eaten before.

If your child completely refuses to eat or drink the food, do not force them.

Start with dose 1 and if tolerated well, continue giving this amount 2-3 times a week for the recommended length of time.

If there are no signs of an allergic reaction proceed to the next dose and continue increasing the doses according to instructions in the tables on the next page.

Giving the baked cow's milk

The following table explains how much cow's milk to give each week. Increase the amount of scone according to the following schedule.

If using the scone recipe:

Dose	Weeks	How much?	How often? For how long?
1	1-2	Pea-sized portion of 1 scone	3 times a week for 1-2 weeks**
2	3-4	1/8 th of one scone*	3 times a week for 1-2 weeks**
3	5-6	1/4 of one scone*	3 times a week for 1-2 weeks**
4	7-8	1/3 of one scone*	3 times a week for 1-2 weeks**
5	9-10	1/2 whole scone*	3 times a week for 1-2 weeks**
6	11-12	3/4 whole scone*	3 times a week for 1-2 weeks**
7	13-14	1 whole scone*	3 times a week for 1-2 weeks**

* The portion sizes (doses) apply to scones prepared by the recommended recipe.

** Your dietitian or clinician may adjust the up-dosing schedule if needed.

What to do if your child has a delayed allergic reaction to the food

- Occasionally, children can experience a delayed allergic reaction during the home baked milk introduction.
- This type of reaction usually occurs at least two hours after eating the food but can occur up to 24-48 hours after the food has been introduced.
- Children with eczema may get intermittent flares regardless of the home introduction program. Children may also get mild abdominal pain or loose stools. Do not stop the home introduction program if your child displays these mild symptoms.
- If your child is getting moderate-severe and consistent symptoms of eczema or loose stools/abdominal pain please stop the home baked egg introduction program and contact our team on the number on the back page of this leaflet.

After completing home-based milk introduction

- Once you have completed all the steps in the home baked milk introduction program, your child can start to have other products that contain a similar amount of baked milk, for example, shop-bought cakes (avoid cream or butter icing), scones, biscuits or crackers where **milk** is listed as a minor ingredient (ie **not** one of the first four ingredients listed).
- Home-baked recipes containing milk may also be given providing they contain the same amount (or less) of milk per serving as used in the home baked milk introduction program, and are baked for the same amount of time or longer (ie no more than 1.35g of milk protein or 40ml of milk per portion, baked at 180C for 20 minutes or more).
- Continue giving foods containing only baked egg until you have reviewed your child's progress with your child's allergy doctor, nurse or dietitian.

Note: It remains essential that your child continues to avoid fresh (pasteurised) or lightly cooked milk and dairy products for the time being.

Contact us

Please contact us if your child has an immediate or delayed allergic reaction to the food that they are having home introduction to, **t:** 020 7188 8494, Monday to Friday, 9am-5pm.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** www.evelinalondon.nhs.uk/leaflets

Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

t: 020 7188 3003, Monday to Friday, 10am-5pm **e:** letstalkmedicines@gstt.nhs.uk

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk
t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch.

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111 **w:** 111.nhs.uk

NHS website

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing.

w: www.nhs.uk

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Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

Was this leaflet useful?

We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, **w:** www.guysandstthomas.nhs.uk/leaflets, or **e:** patientinformationteam@gstt.nhs.uk

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A list of sources is available on request