

Instructions on how to prepare and give milk oral immunotherapy (MOIT)

This leaflet gives the information needed for your child to progress safely with the milk desensitisation program. You must follow the dosing schedule exactly as advised and follow all the treatment rules. If you need more information before you start, or support during up-dosing, please contact us, [email: gst-tr.childrensallergymilkoit@nhs.net](mailto:gst-tr.childrensallergymilkoit@nhs.net)

How much milk should you give your child?

- Follow the up-dosing schedule found at the end of this leaflet.
- As long as your child tolerates their daily dose, you can continue to increase the dose every day following the instructions.
- Reduce the dose if your child is unwell or if there was any reaction to the previous dose. Do not ignore minor symptoms.
- Once you reach the last dose of 250ml, it is important that you continue to give your child 250ml of milk (and/or dairy equivalents) every day to maintain tolerance. See our leaflet, **Consuming milk after MOIT** for more information.
- While following the plan, your child must be on a strict milk-free diet and avoid all forms of mammalian milk, for example, goat, sheep.

We will review your child's progress at regular intervals.

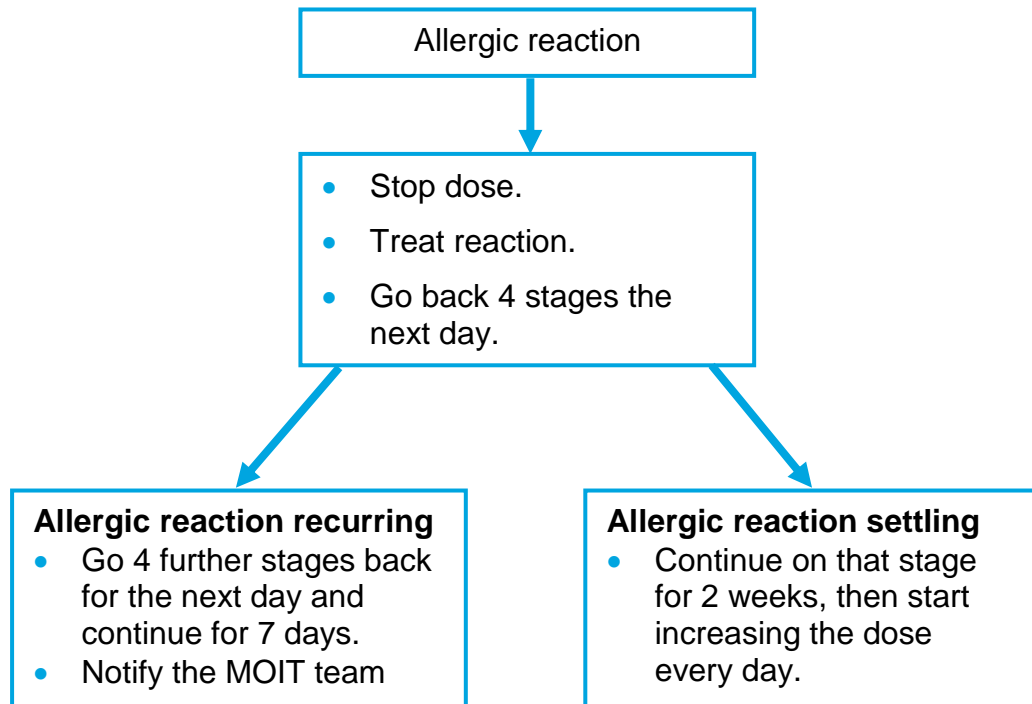
How to give the doses

Always follow these instructions:

- Only start the desensitisation when your child is well, without illness and when their eczema, asthma or hay-fever are well-controlled.
- Give the dose **every** day, ideally after school in the afternoon or early evening (to allow time to treat any reactions), and observe your child for at least 1 hour after the dose.
- Give the dose with some food (during a meal or with a snack).
- Give the dose at the same time (within 2 hours) every day.
- Do not allow any exercise for at least 2 hours after the dose has been given.
- Give the dose at least 2 hours before bedtime.
- Make sure emergency medications, including antihistamine and adrenaline, are easily available before the dose is given.
- Count the drops onto a spoon before giving to your child. Do not administer directly into the mouth with the pipette in case there is a mistake.
- Record the dose given in your child's dose diary.

What to do if your child has an allergic reaction

- Stop giving the dose if it is not completed.
- Treat any allergic symptoms that appear (for example, itch, rash, swelling) according to your child's allergy action plan.
- Record the reaction in your child's desensitisation diary. If the reaction was moderate or severe, notify us, **email:** gst-tr.childrensallergymilkoit@nhs.net
- Follow the flow chart below before giving the next dose.



What to do if your child did not receive a full dose

If your child doesn't drink the whole dose, give the same dose the next day without increasing.

What to do if you miss a dose

- You need to give a dose reduced by 4 stages the next day.
- **Never** give 2 doses the next day to replace the missed dose.
- Contact us if you have missed more than 2 doses.

What to do if your child is unwell during the programme

- When your child is unwell (for example, a cough or cold), you should reduce the dose by 4 stages.
- Continue on the reduced dose until they are better. Start increasing the dose again, following the dosing instructions.
- Remember to record any illness in your child's desensitisation diary.

What medications can your child take during the programme?

- Your child should continue to take all their regular medications during the programme. It is very important that they continue to follow their asthma treatment.
- Your child can take all medications prescribed by their doctor.
- Your child can take over-the-counter medications, such as paracetamol (remember to give your child a reduced dose as outlined above if they are unwell).
- Remember to record any medication in your child's desensitisation diary.

Who to contact in case you are worried

- If you have any questions about the programme, please contact us, **email:** gst-tr.childrensallergymilkoit@nhs.net and we will respond within 48hours, Monday to Friday. Please note that we cannot respond to queries at the weekend.
- Contact your GP for any general health concerns.
- Call 999 in case of severe allergic reaction.

Preparing the doses

Stage 1 dilution = add 1ml cow's milk to 99ml water

Stage 2 dilution = add 1ml cow's milk to 9ml water

Stage 3 = cow's milk with no added water

You will need: pipettes, syringes and a 250ml bottle. These will be provided by the MOIT team at your child's first appointment.

Follow the up-dosing schedule in this leaflet.

This leaflet gives a pictorial guide to making up the milk solution. You will have been given the following equipment by your milk OIT team:

250ml bottle



Syringes and pipettes



60ml 10ml 1ml pipette

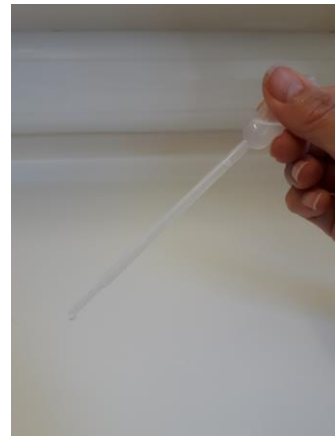
Stage 1

Using the 60ml syringe, measure 99mls of water into the bottle (60mls + 39mls). Draw up 1ml of milk using the 1ml syringe and add this to the bottle to make a 100ml solution. Put the lid on the bottle and shake well.

Using the pipette draw up some of the solution and squeeze out the number of drops required according to the instructions. **Do not** squeeze the drops directly into the mouth in case there is a mistake. The drops can be taken from a spoon.

Keep the rest of the solution in the fridge (date the lid using the labels provided) and make up a fresh solution every 3 days.

Wash the syringes and pipette in hot soapy water, rinse and leave to dry. They can be reused.



Stage 2

Repeat the process for stage 1, but use the 10ml syringe to decant 9mls of water into the bottle, and add 1ml of milk to make a 10ml solution.

Stage 3

From a bottle of fresh milk use the pipette to draw up a small amount of milk and administer the required number of drops. **Do not** squeeze the drops directly into the mouth in case there is a mistake.

Moving on from drops to mls

Use the 10ml and 60ml syringes to measure out doses. The milk can be put into a small cup or glass for your child to drink from.

If your child dislikes the taste of milk, it can be mixed with some (non-milk containing) flavouring, such as Crusha Syrup™, Nesquik™, or Sweet Freedom Choc Shot™. Your child may find skimmed milk more palatable than semi-skimmed or whole milk.



Completion

When your child has successfully completed the up-dosing they will be drinking 250ml milk each day. This must be consumed **every day**. Equivalent amounts of dairy can be consumed but should not exceed the total grams of cow's milk protein each day. Please see our leaflet, **Consuming milk after MOIT**, for more information.

Milk in baked goods such as cakes, biscuits, crisps, crackers and pastries does not count towards your child's daily milk total.



Up-dosing schedule

Solution of milk and water (skimmed or semi-skimmed milk)	Day (Write the date dose given)	Amount
Stage 1: 1ml milk + 99ml water	1	1 drop
	2	2 drops
	3	3 drops
	4	4 drops
	5	5 drops
	6	6 drops
	7	7 drops
	8	8 drops
	9	9 drops
	10	10 drops
	11	14 drops
	12	20 drops

Stage 2: 1ml milk + 9ml water	13	3 drops
	14	4 drops
	15	5 drops
	16	6 drops
	17	7 drops
	18	8 drops
	19	10 drops
	20	14 drops
	21	20 drops

Stage 3: milk, no water	22	3 drops
	23	4 drops
	24	5 drops
	25	6 drops
	26	7 drops
	27	8 drops
	28	10 drops
	29	14 drops
	30	20 drops
	31	1.5 ml
	32	2 ml
	33	2.5 ml
	34	3 ml
	35	3.5 ml
	36	4 ml
	37	5 ml
	38	6 ml
	39	8 ml
	40	10 ml
	41	12 ml
	42	14 ml
	43	16 ml
	44	18 ml
	45	20 ml

	46	22 ml
	47	24 ml
	48	26 ml
	49	28 ml
	50	30 ml
	51	33 ml
	52	36 ml
	53	40 ml
	54	50 ml
	55	65 ml
	56	85 ml
	57	100 ml
	58	130 ml
	59	140 ml
	60	150 ml
	61	160 ml
	62	170 ml
	63	180 ml
	64	190 ml
	65	210 ml
	66	225 ml
	67	250 ml

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, **tel:** 020 7188 3003, Monday to Friday, 10am to 5pm, **email:** letstalkmedicines@gstt.nhs.uk

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS), **tel:** 020 7188 8801, **email:** pals@gstt.nhs.uk. To make a complaint, contact the complaints department, **tel:** 020 7188 3514, **email:** complaints2@gstt.nhs.uk



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