

My baby's CMPA DIARY



Because cow's milk protein allergy and other food allergies are difficult to diagnose, **it's important to try and track any patterns that may exist in your baby's behaviour**; be it after a feed, at night or nappy changes.

Bring this along to your next health visit to help better prepare for your appointment and to help your healthcare professional make a diagnosis.

NAME

FEED DETAILS

AGE

Type of feed (name)

DATE

TIMES OF FEED AND VOLUME INGESTED (ml)

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SIGNS AND SYMPTOMS*

DIGESTIVE

- Vomiting
- Frequent regurgitation
- Reflux
- Refusal to feed
- Colic (linked to inconsolable crying**)
- Diarrhoea (with or without blood)
- Constipation
- Dysphagia
- Stomach pain

RESPIRATORY

- Wheezing or difficulty breathing
- Runny nose
- Chronic cough

GENERAL

- Fatigue
- Lethargy
- Restlessness
- Distress
- Poor sleeping

SKIN

- Urticaria
- Angioedema
- Eczema

NAPPY CHANGES

Number of nappy changes

Colour and consistency of stool

*Based on the European Society of Paediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN) guidelines 2012.

** Infantile colic is associated with excessive crying over a regular period during the day and is sustained for the first few months of life.