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.

<table>
<thead>
<tr>
<th>NAME</th>
<th>FEED DETAILS</th>
</tr>
</thead>
<tbody>
<tr>
<td>AGE</td>
<td>Type of feed (name)</td>
</tr>
<tr>
<td>DATE</td>
<td></td>
</tr>
</tbody>
</table>

| TIMES OF FEED AND VOLUME INGESTED (ml) |

<table>
<thead>
<tr>
<th>SIGNS AND SYMPTOMS*</th>
</tr>
</thead>
</table>

**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.