

AAA PATIENT SYMPTOM CHECKLIST

Are you concerned with cow's milk protein allergy (CMPA)?

You believe your baby could be suffering from signs and symptoms linked to CMPA or other food allergies?

To prepare for your next health visit and help your doctor make a correct diagnosis, select the symptom/s that your child is experiencing.

DIGESTIVE

Vomiting

Frequent regurgitation (bringing up food into the mouth)

Reflux

Refusal to feed

Colic (linked to inconsolable crying)

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

Diarrhea (with or without blood)

Acute diarrhea is defined as the abrupt onset of 3 or more loose stools per day and lasts no longer than 14 days; chronic or persistent diarrhea is defined as an episode that lasts longer than 14 days.

Constipation

Constipation is generally defined as infrequent defecation, painful defecation, or both. In most cases, the main concern is that stools are too large.

Dysphagia (difficulty swallowing)

Stomach pain

RESPIRATORY

Wheezing or difficulty breathing

Runny nose

Chronic cough (persistent)

SKIN

Urticaria (hives, rash with raised red lumps)

Angioedema (swelling of lips or eyelids)

Eczema (dry, scaly or itchy and red skin)

GENERAL

Fatigue

Lethargy

Restlessness

Distress

Poor sleeping

Anaphylaxis (occurs in severe cases; a rapid reaction causing swelling and itchy rash)

(Conclusion to be displayed at the end of the assessment)

Please take this checklist to your healthcare professional to discuss if your child has CMPA. Always refer to a healthcare professional for diagnosis. Do not start to experiment with a cow's milk free diet or any specialized formula without a recommendation and guidance from a healthcare professional.