

# Questions for the pediatrician

Tick what applies. Take it with you.

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## IF YOU SUSPECT A MILK ALLERGY

- What specifically makes you think this is or is not CMPA?
- Should we do a trial elimination, and for how long?
- If we switch, do you want an extensively hydrolysed or an amino-acid formula, and why that one?
- Goat formula cross-reacts in most CMPA cases — is that ruled out for us?
- What would make you want to see us again sooner?

## IF IT IS REFLUX, GAS OR CRYING

- Is this within normal range for this age, or is something wrong?
- Is a formula change likely to help, or are we treating the wrong thing?
- Should we try paced feeding or a different nipple flow before changing formula?
- Are there red flags I should be watching for that I would not recognise?

## IF YOU WANT TO CHANGE FORMULA

- Is there a medical reason to stay on the current one?
- Is the one we are considering nutritionally equivalent?
- How long should we give it before deciding it did not work?
- What would tell us to stop the switch rather than push through?

## WHAT I WANT TO ASK

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Not medical advice. Consult your pediatrician before changing your baby's formula.  
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