Unsettled baby and cow's milk questionnaire

For babies under 12 months with crying, vomiting, reflux, rash or changes in poo.

Please type your answers into this form (or print and fill it in), save it, and email it to **referrals@vidamedical.com.au** at least **7 days before your appointment**. Skip anything that doesn't apply. If you are completing this for a child, answer for the child.

About you

Full name

Date of birth

Today's date

Phone and email

Completed by (if not the patient)

Usual GP and clinic

About your baby

Baby's age now

Weeks of pregnancy at birth, and birth weight

Feeding now

- ☐ Breastfed only
- ☐ Formula only
- ☐ Breast and formula
- ☐ Started solids

Formula brand and type (e.g. standard, soy, hydrolysed)

Any formula changes, and what happened

Symptoms

Symptom	Never	Sometimes	Often	Age it started
Crying or unsettled more than expected				
Vomiting or spitting up				
Arching or discomfort with feeds				
Feed refusal				
Diarrhoea or very loose poo				
Constipation				
Blood or mucus in poo				
Eczema or rash				
Hives or swelling after a feed				
Wheeze, cough or noisy breathing				

Hours of crying per day, on a typical day

Any concerns about weight gain or growth? ☐ Yes ☐ No ☐ Unsure

Please bring your baby's blue book (Child Health Record) to the appointment.

If breastfeeding

Have you changed your own diet (e.g. removed dairy)? What happened? ☐ Yes ☐ No ☐ Unsure

Family

Does a parent, brother or sister have:

☐ Food allergy ☐ Cow's milk allergy as a baby ☐ Eczema

☐ Asthma ☐ Hay fever ☐ Coeliac disease

Your doctor may also score your baby's symptoms using the Cow's Milk-related Symptom Score (CoMiSS) at the visit.

Your goals

What would you most like to get out of this appointment?

Previous allergy tests (type, date, result). Please bring copies if available.

Before you arrive

Medicines: antihistamines and some other medicines can affect allergy testing. We'll email you instructions on which to pause and when. **Keep taking your asthma medicines.**

Bring: previous test results, photos of any reactions, and your adrenaline autoinjector if you have one.

Your information is confidential and stored in your medical record in line with our privacy policy.