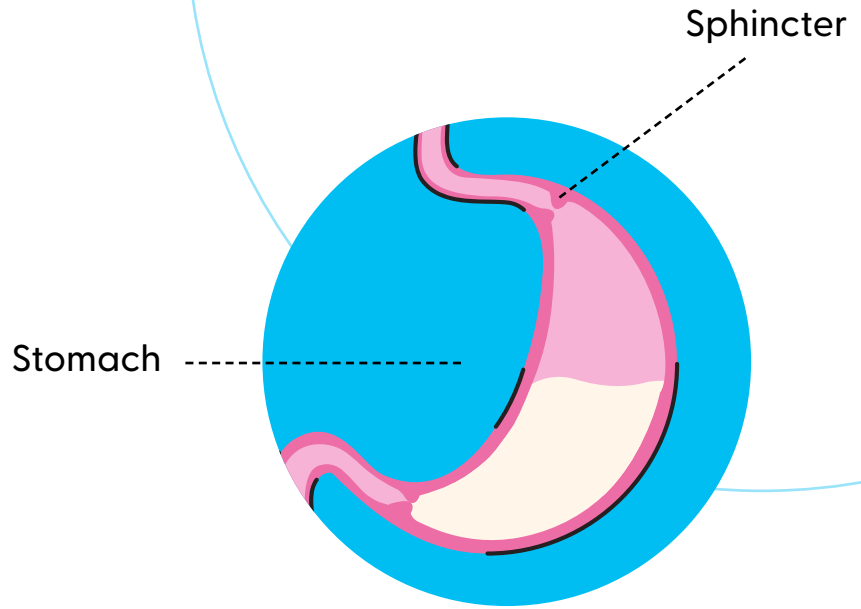
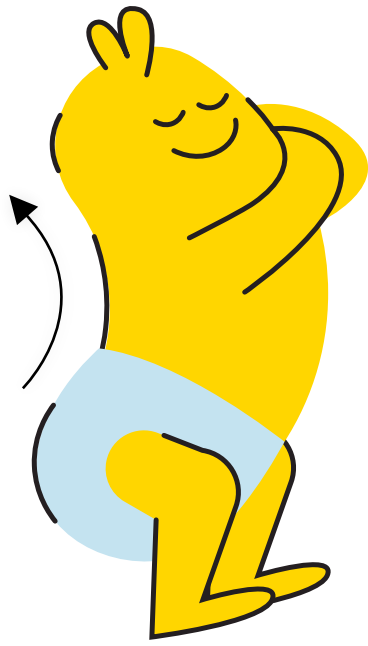


MANAGING REFLUX IN BABIES



Reflux is common in most babies and gets better by 6-8 months when the gastric sphincter muscle develops and strengthens.

Symptoms of reflux include:

- Vomitting or spit ups post feeding
- Irritability or backarching post feeding due to stomach acid refluxing up (this may cause some babies to cry more or want to suck more to soothe themselves)
- Coughing, choking or wheezing post feeding
- Feed refusal and poor weight gain in severe cases



Simple measures for reflux:

- Smaller and more frequent feeds so as not to overdistend stomach and worsen reflux. (Estimated total feed per day = 150ml x weight of baby, this is to be divided across 2 hourly to 3 hourly feedings)
- Feed baby at 45 degrees and hold them in this position or more upright for at least 20 minutes post feeds.
- Take care with diaper changes during this 20 minute period. Change diapers prior to feeds to turn baby sideways for diaper changes.
- Try probiotics such as 5 drops of Biogaia drops once daily

**Most babies settle with the above measures.



If symptoms are severe and not improving, consider the following:

- Strict milk/ dairy free diet for 2-3 weeks in breastfeeding mothers, OR switch to partially hydrolyzed formulas (eg. Similac Total Comfort or Enfamil Gentleease) in formula fed babies.
- When switching to partially hydrolyzed formula if there is no further improvement by the end of 1 tin, move on to an extensively hydrolyzed formula (Similac Alimentum or Nutramigen LGG)
- Return for a paediatrician review to consider omeprazole (acid suppressant) for babies with severe reflux symptoms (significant discomfort, feed refusal or poor weight gain).