



Using the **NICE*** guidelines to manage frequent infant regurgitation with marked distress

Based on NICE guideline [NG1], January 2015¹

IN BREAST-FED INFANTS WITH FREQUENT REGURGITATION AND MARKED DISTRESS NATIONAL GUIDELINES RECOMMEND:¹




Trained professional carry out a breastfeeding assessment and provide advice




With persistent regurgitation, consider trialling alginate therapy for 1–2 weeks

IN FORMULA-FED INFANTS WITH FREQUENT REGURGITATION AND MARKED DISTRESS NATIONAL GUIDELINES RECOMMEND:¹

	a	ASSESS Assess feeding history and reduce feed volume if excessive for infant's weight
	S	SMALLER, MORE FREQUENT FEEDS Trial smaller, more frequent feeds (while maintaining an appropriate total volume of daily feed)
	T	THICKENED FORMULA Trial a thickened formula (e.g. containing rice starch, cornstarch, locust bean gum or carob bean gum)
	A	ALGINATE THERAPY If the stepped-care approach is unsuccessful, stop the thickened formula and trial alginates for 1–2 weeks
	R	RE-ASSESS If alginates are successful, continue use but stop at intervals to assess recovery

Thickened formulas have different preparation and teat requirements to regular formula

DIAGNOSIS CRITERIA FOR INFANT REGURGITATION:²  **2+** **FOR**  **3+** **WEEKS** without the presence of symptoms**

-  **Infant regurgitation is frequently confused with Gastro-Oesophageal Reflux Disease (GORD), which is less prevalent, more serious and may require specialist referral^{1,3}**

Look out for '**red flag**' symptoms, which may suggest disorders other than FGIDs:²

 - Projectile vomiting
 - Hematemesis
 - Failure to thrive
 - Appearing unwell
 - Aspiration
 - Feeding or swallowing difficulties
 - Retching
 - Apnea
 - Abnormal posturing

For further information, downloadable resources and e-learning visit nutricia.co.uk

*National Institute for Health and Care Excellence.
 **As defined by the Rome IV diagnostic criteria for functional gastrointestinal disorders.
References: 1. NICE. Gastro-oesophageal reflux disease: recognition, diagnosis and management in children and young people. 2015. Available at: www.nice.org.uk/guidance/NG1 [Accessed: January 2020]. 2. Benninga MA et al. Gastroenterology 2016;150:1443–1455.e2. 3. Martigne L et al. Eur J Pediatr 2012;171(12):1767–1773.
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