

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

Based on NICE guideline [NG1], January 2015¹



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

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



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

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*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: November 2022]. 2. Benninga MA et al. Gastroenterology 2016;150:1443–1455.e2. 3. Martigne L et al. Eur J Pediatr 2012;171(12):1767–1773.