

MANAGING INFANT REFLUX OR REGURGITATION: PRACTICAL HINTS AND TIPS

Seeing a baby bring up milk during or shortly after feeding can be upsetting when not expected. Reflux refers to the bringing up of stomach contents into the food pipe. Regurgitation is when the stomach contents are actually expelled from the mouth and is also known as 'spitting up' or 'possetting'.

The good news is that it is not usually a cause for serious concern, especially if your baby is putting on weight normally and seems otherwise well. It often passes by the time he or she is a year old.

HERE ARE SOME SUGGESTIONS FOR MANAGING THE CONDITION:

- > While feeding, try to position your baby in an upright position, and try not to lay them flat for 30 minutes afterwards
- > Try to feed him or her smaller quantities more frequently – avoid overfeeding
- > Make sure your baby is winded before, during and after feeds
- > If bottle feeding, check the hole in the teat is not too large as this can cause babies to gulp their feed too quickly
- > Make sure your baby's clothing or nappy are not too tight around their tummy
- > If formula feeding, speak to your healthcare professional for more information about specialist milks for the dietary management of reflux and regurgitation

YOUR BABY'S REFLUX OR REGURGITATION: MANAGEMENT PLAN

Plan developed for: _____ Age: _____

Following your visit, it appears your baby may be experiencing discomfort due to reflux or regurgitation.

HEALTHCARE PROFESSIONAL ADVICE AND INFORMATION FOR YOU:

MONITOR YOUR BABY

Keep an eye on your baby's symptoms and contact your healthcare professional if these change or any new signs appear.

FURTHER INFORMATION IS AVAILABLE FROM:

NHS Helpline on 111

NHS Choices website

<http://www.nhs.uk/Conditions/reflux-babies/Pages/Introduction.aspx>