

REFLUX

Current Anticipatory guidance Recommendations and Education (CARE)

What is a Reflux?

- Reflux is a **normal spit-up of formula** or breast milk by babies
- It occurs because the muscles in babies tummies are not as strong as they will become and food moves easily back and forth between the tummy and the throat
- It is a normal thing in healthy babies and many babies have problems with reflux
- **Some babies have pain** with reflux while others do not

What should I expect?

- Babies may have reflux with most or all feeds
- Not every baby has reflux and sometimes brothers or sisters may have more or less
- **Some babies do have pain with their reflux** and they may be very fussy. They may cry and scream and may arch their back after eating.
- Some babies may spit up and have no pain
- Sometime babies may have a little **weight loss from reflux but if this occurs make sure your doctor is aware**
- Reflux may happen up to 30 times per day in some babies
- It may seem like your baby is spitting up all of their feeds but watch for a normal number of weight diapers

What can I do for my child?

- Some things may help control some of the reflux
- **Most often babies need to grow out of the reflux** and as their tummy muscles get tighter this will go away
- Some things to try:
 - Make sure you are **burping** your baby during feeding. This may be required in the middle of the feeds. Make sure they are patted firmly but not harmfully on the back
 - Babies have very small tummies (about the size of their fist). They may need **smaller amounts of formula at a time but given more often**. For example if you give your baby 5 ounces every 3 hours, you may have to try giving your baby 2 - 3 ounces every 1 to 2 hours.
 - Keep your baby in an **upright position** such as a baby chair for at least 30 minutes after eating
 - Make sure your baby is not drinking in air, keep the bottle tipped up so they are always drinking only formula
 - When your Pediatrician or Doctor suggests, rice formula may be added to the bottle to thicken
 - Sometimes medications may be prescribed to try to help with pain

How long will my child have reflux for?

- Children may have reflux for up to about **one year of age**

When should I get immediate attention?

- All kids should **follow up with their regular doctors** after being in the ER
- If your child develops a fever
- If your child begins to lose weight
- If you notice blood in your babies vomit or poops
- If your babies reflux or discomfort changes and becomes worse or more
- If your baby does not want to eat at all
- If your baby has a decrease in their number of diapers

