

GE REFLUX IN BABIES

WHAT IS IT AND WHAT CAN WE DO ABOUT IT?

LuAnn Marlow RN,MN,CPNP

A baby who spits up without it causing any complications or problems for him is called a "Happy Spitter"



WHAT IS GE REFLUX?

Reflux happens when stomach contents are spit up or vomited back into the esophagus (the tube that connects the mouth to the stomach). **Most babies spit up.** In fact 50% of 4 month olds spit up **at least** once a day. This is considered a normal part of infancy. As the sphincter - the muscle that connects the esophagus to the stomach - matures, the amount of spitting should lessen.

Spitting up - or reflux - is not a serious problem - except for the inconvenience it causes - **unless it is associated with complications.** Then it is called **GE Reflux Disease.** Babies who spit up without it causing any problems or complications to them are called "**Happy Spitters**". This means that they can feed well, are gaining weight appropriately, are not unusually fussy or irritable, are not sick and are generally happy .

But they may spit up **A LOT**, may go through **multiple changes of clothes in a day** and may spit up on **everyone who holds them.**

These babies will eventually outgrow their spitting up.

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BY LUANN MARLOW, RN, MN, CPNP



TREATMENT

Lifestyle changes

**Discuss all treatments with your child's own personal healthcare provider*

Positioning

*Elevate after feedings only

*Stomach and side positions have an increased risk of SIDS and are NOT recommended)

Trial of hypoallergenic formula (2 weeks)
Trial of dairy free diet in breast fed mom (2 weeks)

(to determine if symptoms are milk protein allergy not GER)

Thickened formula (or commercial AR baby formula) in full term babies ONLY
(serious surgical risks occur in preterm babies)

No cigarette exposure

Medications recommended for babies with signs/symptoms of complications

SIGNS/SYMPTOMS

Poor weight gain

Irritability

Weight loss

Excessive crying

Arching back

Wheezing

Grimacing

Recurrent pneumonia

Gagging

Apnea



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DEVICES TO PUT
IN YOUR CHILD'S
CRIB TO POSITION
YOUR BABY
UPRIGHT ARE NOT
SAFE FOR SLEEP

CALL YOUR HEALTH CARE PROVIDER IF:

SIGNS OF DEHYDRATION

- *SUNKEN SOFT SPOT
- *DECREASED WET DIAPERS
- *INCREASED SLEEPING
- EXTREME FUSSINESS
- CRYING FOR MORE THAN 3 HOURS
- SUDDEN ONSET OF VOMITING
- PROJECTILE VOMITING
- GREEN VOMIT



The information in this handout is based on the guidelines from the Pediatric Gastroesophageal Reflux Clinical Practice Guidelines of the North American and European Societies for Pediatric Gastroenterology, Hepatology, and Nutrition (NASPGHAN) and (ESPGHAN).

This information is for your general knowledge and education and does not constitute medical advice. Should you have questions regarding care of your own child, I recommend that you contact your child's personal health care provider.

If you would like further support and encouragement in your parenting journey, you will find more information like this at www.dreambabycafe.com and in our private facebook group at www.facebook.com/groups/dreambabycafecom munity