

INFORMATION FOR OUR PATIENTS



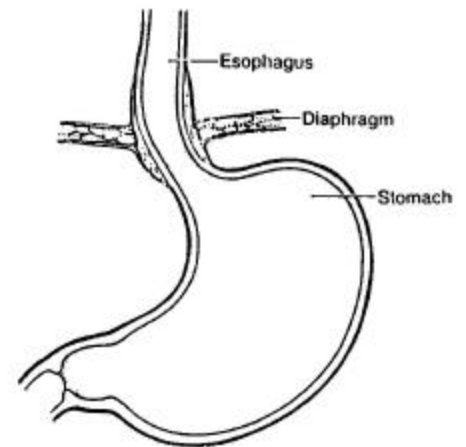
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GASTROESOPHAGEAL REFLUX (GE Reflux) IN CHILDREN

Definition: GE reflux is regurgitation or spitting up. Reflux is an effortless spitting up of one or two mouthfuls of stomach contents, it usually occurring shortly after feeding. It begins in the first weeks of life and may continue throughout the first year.

Cause: GE reflux is caused by relaxation or a weakness of the lower esophageal muscle, causing frequent return of stomach contents into the esophagus. In newborns, this is considered normal because of immature muscular control of the esophageal muscle.

Expected course: Reflux will get better. Spitting up improves as your child gets older. By the time your child has been walking for three months, it should totally clear up. Many babies get over it even sooner.



Home Care: Feed smaller amounts. Overfeeding makes spitting up worse. If the stomach is too full, spitting up is more likely to occur. Give your baby smaller amounts. Decrease the amount of each feeding by at least one ounce. Wait at least 2 ½ hours between feedings because it takes that long for the stomach to empty. Be sure to hold the bottle upright so that there is always milk and no air in the nipple. Burp your baby several times during each feeding. Be sure your child has burped before laying the child down.

Positioning: After feedings, place your baby in an upright position. You may use the following suggestions for proper positioning:

1. Raise the mattress at the head end
2. Use an infant seat or car seat
3. Use an umbrella type stroller
4. Use a swing
5. Hold your child in your arms at least 30 minutes before laying the child down.

With all of these suggestions, the head and body may be supported with a rolled pillow or blankets. Avoid pressure on the stomach. Avoid tight diapers. Avoid tight elastic around the waist. Avoid passing the baby from one person to the next during or immediately after feeding. Do not bounce or rock the baby during feeding.

Clean up: One of the worst aspects of spitting up is the smell and clothing stains from milk spots. During feeding, use a bib.

Call your local doctor or the pediatric emergency room (601-984-2000) if:

- There is blood in the spit-up
- The spitting up becomes more forceful and the stomach contents shoot across the room
- Your baby does not gain weight normally
- You have other concerns or questions