Parent's Take Home Guide to GERD *(Gastroesophageal Reflux Disease)*

SPIT HAPPENS *(0-24 month olds)*
Reflux and Your Baby

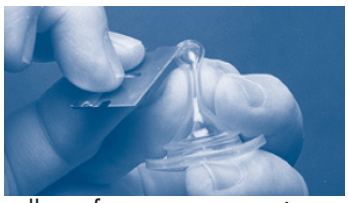
Gastroesophageal Reflux (GER) occurs during or after a meal when stomach contents go back into the tube that connects the mouth to the stomach. GER occurs often in normal infants. Most infants with GER are happy and healthy even though they spit up or vomit. Spitting up tends to peak at 4 months and most infants stop spitting up by 12 months of age.

If your baby is spitting up without discomfort and is making appropriate weight gains, then he or she is probably a normal spitter.

Things that you can do at home to help reduce spitting up:

☐ Avoid overfeeding
1. Don't feed the baby again after he or she spits up - wait until the next feeding.
2. Consult your doctor to see if the baby is taking appropriately sized bottles or nursing the appropriate amount of time.

☐ For formula fed infants, feedings can be thickened (1 Tbs of rice cereal per1 ounce of formula)



1. Pinch the top of the nipple between the thumb and index finger.
2. Make a small slit in the top of the nipple with the corner of a sterile razor blade. The blade allows for accurate cutting, and prevents shredding of the nipple.
3. Start with a small slit, and enlarge as needed until the formula is flowing easily.

☐ For formula fed infants, try a hypoallergenic formula for 2 weeks

☐ Keep infant upright for at least 30 minutes after meals

☐ Avoid car seat positioning in the home

☐ Avoid tight diapers and elastic waistbands

☐ Avoid exposure to tobacco smoke

Most infants with GER will be helped with the treatment mentioned above. If symptoms are severe or persistent then your primary care provider may consider treatment with a medication or referral to a pediatric gastroenterologist.

Worrisome Symptoms of Reflux Disease in Infants (0 - 24 months old)

(Symptoms experienced by your infant.)

1. Vomiting associated with
   - Blood
   - Green or yellow fluid
   - Poor weight gain
2. Inconsolable or Severe Crying and Irritability
3. Persistent Food Refusal
   - Poor growth or failure to thrive
   - Difficulty eating
4. Breathing Problems
   - Difficulty breathing
   - Repeat bouts of pneumonia
   - Breathing stops
   - Turning blue
   - Chronic cough
   - Wheezing

If you have concerns, speak to your healthcare provider.

IMPORTANT REMINDER: *This information from the North American Society for Pediatric Gastroenterology, Hepatology and Nutrition (NASPGHAN) and the Children's Digestive Health and Nutrition Foundation (CDHNF) is intended only to provide general information and not as a definitive basis for diagnosis or treatment in any particular case. It is very important that you consult your doctor about your specific condition.*

Please turn over to the back for the take home guides for older children and teens with ***GERD***

NASPGHAN
NORTH AMERICAN SOCIETY FOR PEDIATRIC GASTROENTEROLOGY, HEPATOLOGY AND NUTRITION

CDHNF
Children's Digestive Health and Nutrition Foundation

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™

WHAT'S UP WITH MY KID'S STOMACH? *(2-12 year olds)*

Reflux and your Child

Gastroesophageal Reflux (GER) occurs during or after a meal when stomach contents go back into the tube that connects the mouth to the stomach.

Most children are able to decrease their reflux with lifestyle and diet changes:

- ☐ Have your child eat smaller meals more often
- ☐ Avoid eating 2 to 3 hours beforre bedtime
- ☐ Elevate the head of the bed 30 degrees
- ☐ Avoid carbonated drinks, chocolate, caffeine, and foods that are high in fat (french fries and pizza) or contain a lot of acid (citrus, pickles, tomato products) or spicy foods.
- ☐ Avoid large meals prior to exercise
- ☐ Help your child lose weight if they are overweight
- ☐ Avoid exposure to tobacco smoke

Most children with GER will be helped with the treatment mentioned above. If symptoms are severe or persistent then your primary care provider may consider treatment with a medication or referral to a pediatric gastroenterologist.

Worrisome Symptoms of Reflux Disease in Children (2 - 12 year olds)

(Symptoms experienced by your child.)

1. Repeated vomiting associated with
   - Blood
   - Green or yellow fluid
   - Weight loss or poor weight gain
2. Frequent sensation of food or liquid coming up into the back of the throat or mouth
3. Frequent discomfort in the stomach or chest
4. Swallowing problems
   - Discomfort with the act of swallowing
   - Pain with swallowing
   - Sensation that food gets stuck on the way down
5. Breathing Problems
   - Wheezing
   - Chronic cough or recurrent pneumonia
   - Hoarseness
   - Asthma

If you have concerns, speak to your healthcare provider.

SICK AND TIRED OF BEING SICK *(13+ years)*

Reflux and your Teen

Gastroesophageal Reflux (GER) occurs during or after a meal when stomach contents go back into the tube that connects the mouth to the stomach.

Most teenagers are able to decrease their reflux with lifestyle and diet changes:

- ☐ Have your teenager eat smaller meals more often
- ☐ Avoid eating 2 to 3 hours before bedtime
- ☐ Elevate the head of the bed 30 degrees
- ☐ Avoid carbonated drinks, chocolate, caffeine, and foods that are high in fat (french fries and pizza) or contain a lot of acid (citrus, pickles, tomato products) or spicy foods.
- ☐ Avoid large meals prior to exercise
- ☐ Help your teen lose weight if they are overweight
- ☐ Avoid cigarette smoking
- ☐ Avoid drinking alcohol

Most teens with GER will be helped with the treatment mentioned above. If symptoms are severe or persistent then your primary care provider may consider treatment with a medication or referral to a pediatric gastroenterologist.

Worrisome Symptoms of Reflux Disease in teenagers (13 +Years Old)

(Symptoms experienced by your teen.)

1. Repeated vomiting associated with
   - Blood
   - Green or yellow fluid
   - Weight loss or poor weight gain
2. Frequent sensation of food or liquid coming up into the back of the throat mouth
3. Frequent discomfort in the stomach or chest
   - Heartburn
4. Swallowing problems
   - Discomfort with the act of swallowing
   - Pain with swallowing
   - Sensation that food gets stuck on the way down
5. Breathing Problems
   - Wheezing
   - Chronic cough or recurrent pneumonia
   - Hoarseness
   - Asthma

If you have concerns, speak to your healthcare provider.

YOUR SOURCE FOR PEDIATRIC GERD INFORMATION

CDHNF National Office, P.O. Box 6, Flourtown, PA 19031 • Phone: 215-233-0808 Fax: 215-233-3939 • www.KidsAcidReflux.org • www.TeensAcidReflux.org

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