Infant presents with Gastro-Oesophageal Reflux

Are Red flag symptoms present?

NO

Is infant showing marked distress?

NO

Breastfeeding assessment by trained professional

Reassure:
- GOR very common
- Usually begins before 8 weeks
- May be frequent
- Usually becomes less frequent with time
- Does not usually need further investigation or treatment

Investigate or refer to secondary care using clinical judgement

YES

YES

Breastfed

Formula fed

1 Review feeding history, making up of formula, positioning...
2 Reduce feed volumes if excessive for infant’s weight (>150mls/kg/day)
3 Offer trial of smaller, more frequent feeds (6-7 feeds/24hrs is the norm)
4 Advise parent to purchase pre-thickened formula (need large hole/fast flow teat):
   - Cow&Gate Anti-reflux®, HiPP Organic Anti-reflux, Aptamil Anti-reflux® (carob bean gum)
   - Or thickening agent to add to usual formula: Instant Carobel®
   - Or thickening formula (made up with cool water): SMA Pro Anti-reflux® (potato starch)
   - Or Enfamil AR® (rice starch)

If not successful after 2 weeks

If using, STOP pre-thickened / thickening formulae or thickener

2 weeks trial of Infant Gaviscon®

Bottle fed: 1-2 doses* into 115mls (4oz) of feed
Breastfed: 1-2 doses* mixed up into a liquid (with cooled boiled water or expressed breastmilk) and given with a spoon

If successful after 2 weeks

Try stopping it at regular interval for recovery assessment as GOR usually resolves spontaneously

If not successful after 2 weeks

Consider CMPA and/or Refer to Paediatrician for further investigation if GORD or alternative diagnosis suspected

Red Flags:
- Bile-stained vomit: Same day referral
- Frequent forceful (projectile) vomiting
- Blood in vomit or stool
- Faltering growth
- Abdominal distention / chronic diarrhoea
- Unwell child / fever / altered responsiveness
- Bulging fontanelle / rapidly increasing head circumference
- Late onset (after 6 months)

*1 dual sachet = 2 doses
If < 4.5kg, 1 dose
If > 4.5kg, 2 doses

Prescribe with directions in terms of ‘dose’ to avoid errors
Maximum 6 doses a day
Omit if fever or diarrhoea

PPI/H2RA can be initiated in primary care if alginate therapy is not working but it is best reserved if overt regurgitation AND Unexplained feeding difficulties or distressed behaviour or faltering growth

Click here for additional guidance

Produced by Prescribing Support Dietitians
Wessex approved version – Oct 2018