

GASTROESOPHAGEAL REFLUX (GER)

Reflux or spitting up is when the stomach contents move up into the feeding tube or esophagus. It is common in young infants and usually resolves by 1 year of age. If it is persistent and severe it can result in heartburn, irritability and poor weight gain.

Avoid overfeeding your infant and hold him/her upright for 15 minutes after feeding to help the stomach empty. Your doctor may prescribe an acid reducer such as Ranitidine (Zantac) or a proton pump inhibitor for a few months to neutralize the acid if symptoms are severe. This will not eliminate the reflux but will help your infant feel more comfortable.

Resources:

- <http://www.caringforkids.cps.ca>
- <http://www.gikids.org>