GERD 0-12 Months Guidelines

Rady Children's Health Network

Infant with Reflux

Are there alarm signs?

- **Weight loss:** >5% bodyweight *or* crossing two percentile lines on growth chart
- **Lethargy**
- **Fever**
- **Bulging fontanelle**
- **Bilious vomiting**
- **Hematemesis**
- **Rectal bleeding**
- **Chronic diarrhea**

Yes → **May need further testing: Refer to GI if appropriate**

No ↓

Take Reflux Precautions
(Thicken feeds (formula)
Continue Breastfeeding)

- *Use thickening agents *see additional info*
  - *Rice cereal: 1 Tablespoon per 2 ounces*
  - *Oatmeal: 1 teaspoon per 2 ounces*
  - *Gelmix: 2.4g per 6oz liquid (patients must be 6lbs AND ≥42 weeks gestation)*
- **Keep in left lateral position** (while awake)
- **Keep upright**
- **Decrease rate of feeds:** burp between every 1-2 ounces for 2-3 minutes
- **Minimize overfeeding:** months of age = ounces per feed (example: 2 months = 2 ounces per feed)

Improved with precautions?

Yes → **Continue current management**

No ↓

Two-Week Trial
(Hydrolyzed formula OR parent discontinue dairy)

- **Hydrolyzed (peptides) formulas**
  - Similac Alimentum
  - Enfamil Nutramigen
  - Pregestimil
  - Gerber Extensive HA
- **Amino acid-based formulas**
  - Elecare
  - Neocate
  - Alfamino
  - PurAmino

Improved after two-week trial?

Yes → **Consider reintroducing cows milk protein at 12mo**

No ↓

Refer to Gastroenterology

*Additional Information

- Rice Cereal and Oatmeal thickening agents do not work well in breastmilk secondary to amylase and Gelmix should be used.
- Acid suppression has not been shown effective in reducing reflux events or improving symptoms of irritability in infants
- Referral to GI will aim to reinforce the above recommendations or to proceed with endoscopy to rule out causes other than neonatal reflux