Gastro-Esophageal Reflux (GER) in Infants

Gastro-Esophageal (GE) reflux is "spitting up" of food and fluids that back up into the esophagus from the stomach. This occurs because the muscle at the top of the stomach relaxes at inappropriate times. This spitting up usually happens after feedings.

GE reflux begins in the first three months of life. It is mild in most babies. Most babies spit up some of each feeding. GE reflux usually disappears between 6 to 12 months of age.

Home Care:

- Feed your baby small amounts at each feeding. **Do not** over-feed your baby.
- When feeding your baby, hold him in a sitting position.
- Burp your baby often during and after feeding by leaning him forward on your lap and rubbing his back.
- Wait at least 2-1/2 hours between feedings to allow your baby's stomach to empty.
- After feeding your baby, handle him gently.
- Don't bounce or jiggle your baby.
- **Do not use pillows under your baby's head.**

Call your child's doctor or the Children's Mercy Hospital Information Line at (816) 234-3188 if:

- Your baby vomits with force.
- There is blood in the spit-up/vomit.
- Your baby is choking or coughing with his feedings or when he spits up.
- Your baby turns blue or very pale when he spits up.
- Your baby is not gaining weight.
- Your baby is very fussy.
- Your baby continues to spit up after he has been walking for three months.
- You have questions regarding your baby's feeding or spitting up.