

PEDIATRIC GASTROENTEROLOGY:

Gastroesophageal Reflux of Infancy

1. Definition: Regurgitation/spitting in the first year of life

2. Relevant Information:

- Usually starts within first two months of life
- Vomiting gets worse till 6 months
- Vomiting improves after 6 months
- Vomiting disappears around 1 year of age
- Vomiting is effortless
- Absence of blood or bile in the vomitus
- Growth is usually excellent

3. Examination:

- Good growth parameters
- Abdomen – no distension or masses

4. Initial Screening Studies:

- Usually not necessary

5. Disposition:

- a) Routine follow-up with reassurance as most infants would improve after 6 months. Addition of rice cereal in formula and keeping infant upright after feeding helps. Medications usually not necessary. Acid suppression with H2 blockers or proton pump inhibitors can be tried if vomiting persistent.
- b) Referral if poor growth or vomiting blood or bile or parental anxiety.

Referral to Pediatric Gastroenterology (Dinesh Pashankar, MD) Fax 203 737 1384 or Telephone 203 785 4649.