



# The Children's Doctor

## All you need to know about ...

### Reflux



#### What is reflux?

Gastro-oesophageal reflux is the movement of stomach contents into the oesophagus (feeding tube) and occasionally into the mouth. **All infants experience reflux**, usually shortly after feeds. Reflux is effortless (unlike vomiting) and usually occurs without warning. Reflux usually resolves by 12-18 months of age without intervention.

#### What should I do to help my child?

If your child is otherwise healthy and gaining weight appropriately, no intervention is required. The condition will resolve spontaneously. No change in food/formula is required. Whilst uncomplicated reflux will have significant impact on the washing basket, it will not affect the child!

#### When should I seek help?

You should see your doctor if your child has any of the following:

- poor weight gain
- bringing up blood (red/brown) or bile (green)
- develops vomiting (forceful)
- develops diarrhoea
- reflux persists over 18 months of age

**If you are concerned about your child's condition, you should always seek medical advice.**