



HEALTH RECORD INFANT GASTROESOPHAGEAL REFLUX

Reflux is the backflow of stomach contents into the esophagus. In infants, it is more likely due to the immaturity of the sphincter located between the esophagus and the stomach.

Symptoms

✓ Frequent regurgitation ✓ Irritability during or after meals ✓ Crying ✓ Difficulty feeding ✓ Coughing ✓ Frequent hiccups ✓ Sleep disturbances ✓ Arching of the back during meals

Contributing factors

- Digestive immaturity
- Large meals
- Lying down position
- Prematurity
- Some rarer digestive disorders

Conventional treatments

Depending on the situation:

Dietary advice

Meal splitting

Thickening of baby bottles when indicated

- Medication only in certain specific situations

Complementary approaches

Keeping the infant upright after meals, adjusting food volumes, and individualized assessment can help improve digestive comfort.

All treatment must be carried out under medical supervision.

When to consult a doctor?

In case of:

- poor weight gain
- severe vomiting
- breathing difficulties
- food refusal
- blood in vomit
- significant pain.

Bellis Wellness Clinic Approach

Our support aims to assist parents in understanding reflux, adapting the diet when appropriate, and improving the infant's digestive comfort, always in addition to pediatric follow-up.

