



When might my baby need medical attention for spitting up?

Sometimes, babies may need medications or investigations for spitting up. Be sure to talk to your health care provider if your baby has any of the following concerns:

- » Not gaining weight appropriately
- » Projectile vomiting
- » Green spit up
- » Blood in spit up
- » Vomiting that starts after 6 months of age
- » Fever
- » Poor energy

Talk to your doctor.
Ask “is medication necessary?”
Choose Wisely.



Information on gastroesophageal reflux in infants

loads of love
loads of laundry

Remember, spitting up is common
and normal in most babies



Spit happens!

Having a new baby is a wonderful and challenging adventure. As a caregiver to a newborn, it is natural to be concerned about your baby's health. Spitting up is normal in healthy babies who are gaining weight appropriately. *It should cause no harm and will get better with time!*

In fact, spitting up, or Gastroesophageal Reflux (GER) occurs several times a day *in more than 50% of healthy infants*. That is **A LOT** of laundry!

Common symptoms of GER include:



Spitting Up



Irritability

Spitting up usually does not require medication in infancy as it normally *peaks at 4 months of age and tends to improve significantly by 6-12 months*. Hang in there!

Why you should not use anti-reflux medications:

Choosing Wisely Canada recommends NOT to routinely use acid blockers or motility agents for the treatment of gastroesophageal reflux in infants.

Use of acid blocking medications may increase your baby's risk of:

- » Pneumonia
- » Allergies
- » Gut infections
- » Irritability

What can you do to help?

If your baby is spitting up frequently, here are some tips:

- » If you are breastfeeding, keep it up! *Try a different breastfeeding position.*
- » If you are using formula, try *small volume feeds more frequently*. If your baby is over 6 months, try *thickening the formula*.
- » After a feed, *keep your baby upright for as long as possible*, and handle them gently.
- » *Always put your baby to sleep on their back* (to decrease risk of SIDS).

Spitting up can be frustrating and at times concerning, but all your baby needs most of the time is love and patience and NOT an anti-reflux medication. *If you are concerned about your infant's reflux, speak to your doctor.*

