

Date:

Doctor/Clinic/Hospital/Pharmacy Stamp

Dear Parent/Caregiver:

..... (child's name) has been prescribed Gaviscon today with the aim of reducing the amount of gastric reflux and any pain associated with this. They are to have one/two sachets with each breastfeed up to six times per day. This may be increased to two sachets with each feed up to six times per day when they are over 4.5kgs, if symptoms persist or reappear. (Delete those not applicable). More information on this medication and how best to give it is below.

Gaviscon (Trade Name) – Infant powder

Use: Gastric reflux suppressant

Gaviscon Infant works by mixing with the stomach contents, stabilising and thickening them to reduce the amount of reflux occurring. It is produced in a powder form and comes in one-dose sachets. When first starting your baby on Gaviscon Infant, it will be need to be given regularly for around three days before you try to decide if it is helpful. If there is no change in the baby/child seek further medical advice.

Dosage and administration:

In breastfed babies, Gaviscon is mixed with a little cooled boiled water, formula or expressed breast-milk (5mls is usually adequate) and fed before, during or after a feed. It is generally better accepted at the beginning of a feed and then helps to prevent reflux occurring during that feed. The dose can be administered from a syringe or spoon, or some breastfeeding parents prefer to mix the dose with 20mls of liquid and to feed from a bottle before a feed.

Side effects: Include constipation. After three months of age some cool boiled water twice a day between feeds may be helpful. Alternatively (also after three months of age) 5ml of pure apple or pear juice in 50ml of cool boiled water once or twice a day may relieve constipation. However, fruit is acidic and may aggravate pain due to reflux. Coloxyl drops or lactulose syrup are two commonly used medications for constipation. If these are necessary please see your doctor for medical advice.

REFERENCES:

- (1) Medscape - Gastroesophageal Reflux Disease in Infants and Children
- (2) New Ethicals Catalogue and Compendium
- (3) Medsafe data sheets
- (4) www.gaviscon.co.nz

ACKNOWLEDGMENTS:

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Written by Roslyn (Roz) Ballantyne (RN), Regional Coordinator for © *Crying Over Spilt Milk* - Gastric Reflux Support Network NZ for Parents of Infants & Children Charitable Trust 15/07/2004. www.cryingoverspiltmilk.co.nz Last updated August 2006 with information provided by Reckitt Benckiser. Page may be printed or reproduced for personal use of families, as long as copyright and the URL are included. It may not be copied to other websites/publications without permission.

**Gaviscon Infant
- breastfed**



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