



## Gaviscon Infant - Bottlefed

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### **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.

**Administration:** Bottle-fed babies can have the dose added straight to the bottle (medium or variable flow teats may be necessary).

If your infant often does not finish the whole feed, divide the feed and offer 120 ml of formula with one sachet Gaviscon Infant added. When the first 120 ml including Gaviscon Infant has been consumed, continue to feed the remainder of the normal feed without Gaviscon Infant. This will ensure the correct dose of Gaviscon Infant is given regardless of the amount of the bottle consumed.

**Side effects:** Include constipation.

You can try warm relaxing baths or gentle baby massage such as rubbing baby's tummy gently in a clockwise direction.<sup>i</sup> After three months of age up to 50 ml of cool boiled water twice a day between feeds may be helpful. Alternatively (also after three months of age) 5 ml of pure apple or pear juice in 50 ml of cool boiled water once or twice a day may relieve constipation.<sup>ii</sup> However, fruit is acidic and may aggravate pain due to reflux. Coloxyl drops or Lactulose syrup are two medications used for constipation. If these are necessary, please see your doctor for medical advice.

**Warning:** Gaviscon Infant is "Not for infants under 1 year except under medical supervision". Do not use Gaviscon Infant with AR (thickened) formula or other feed thickeners. <sup>iii</sup>

**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](http://www.gaviscon.co.nz)

**ACKNOWLEDGMENTS:**

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[www.cryingoverspiltmilk.co.nz](http://www.cryingoverspiltmilk.co.nz)

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<sup>i</sup> <http://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/constipation#babies>

<sup>ii</sup> <http://www.plunket.org.nz/your-child/illness/health-conditions/constipation/>

<sup>iii</sup> <http://www.pharmacylive.co.nz/product-guide/detail?pid=3db45c3d-abb6-4a11-a3f4-b4783051b070&cid=67A885D3-156C-483E-96B3-1ACFE1E4D18D> – Gaviscon Infant