



Gaviscon Infant - Breastfed

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The following information on Gaviscon Infant is intended to be used for informative purposes only and not be interpreted as: professional advice for treatment; or a recommendation for a specific treatment, product, course of action or healthcare provider.

In providing this information, Crying Over Spilt Milk Gastric Reflux Support Network New Zealand for Parents of Infants and Children Charitable Trust is not recommending the use of medications in the treatment of GORD in Infants and Children, nor advising against treatment if it is deemed necessary by a healthcare professional. Please do not discontinue your child's medications against medical advice.

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.

Administration: In breastfed babies, Gaviscon is mixed with a little cooled boiled water, formula or expressed breast-milk (5 ml 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 20 ml of liquid and to feed from a bottle before a feed.

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.ⁱ 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.ⁱⁱ 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 feed thickeners. ⁱⁱⁱ

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:

GRASP (former New Zealand support group)
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www.cryingoverspiltmilk.co.nz

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

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

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