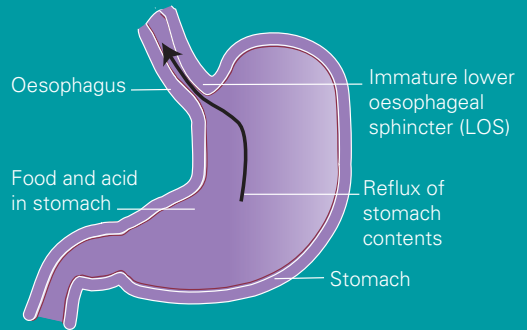


Why is my baby always being sick?

- Many babies regurgitate some or all of their milk after a feed. This is called possetting
- After a feed, wind usually escapes as a burp. When a baby possets, food comes out too
- There is no need for concern if your baby continues to develop and gain weight as you and your health visitor expect
- Possetting is due to an immature LOS and usually resolves in 6–12 months



Is there anything I can do?

There is nothing you are doing wrong but you could try the following:

- Give your baby small feeds but more often
- Support your baby in a sitting position for at least 45 minutes after feeding to bring up wind
- Handle your baby very gently after feeding
- Never let anyone smoke near your baby.

Can I give my baby anything?

- Gaviscon Infant has been specially formulated to treat possetting in babies
- It works by thickening your baby's food and stomach contents so that it is more difficult to regurgitate
- It is easy to give to your baby – simply mix one or two sachets (depending on your baby's weight) with baby's food
- If you are breast feeding, Gaviscon Infant can be added to expressed milk or mixed with a little cooled, boiled water and be given by bottle or spoon



When should I consult my doctor?

If you think your baby is experiencing any of the following symptoms, consult your GP straight away:

- Breathing difficulties
- Signs of dehydration (listlessness, dark circles under the eyes, refusal to feed, dry nappies)
- Poor or no weight gain
- Blood in the regurgitated food.

Always read the label

Managing possetting in babies

1. Have you noticed any of the following?

- breathing difficulties
- signs of dehydration (listlessness, dark circles under the eyes, refusal to feed, dry nappies)
- poor or no weight gain
- blood in the regurgitated food

YES

Refer to GP

NO

2. Recommend measures that the mother can take

- give your baby small feeds but more often
- support your baby in a sitting position for at least 45 minutes after feeding to bring up wind
- handle your baby very gently after feeding
- never let anyone smoke near your baby

3. You can confidently prescribe Gaviscon Infant

- (sodium alginate and magnesium alginate)
- Gaviscon Infant has been specially formulated to treat possetting in babies and infants
 - The naturally occurring sodium alginate produces a gel when it reacts with the acid in the baby's stomach, thickening the food and making it more difficult to regurgitate
 - Gaviscon Infant is proven to reduce possetting, decreasing the number of times a baby vomits by 64.7% and reducing the severity too¹

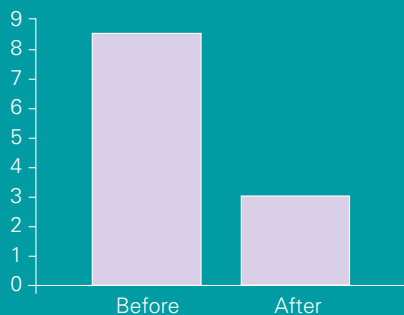
If continues to be problematic

Prescribing Gaviscon Infant

Possetting should be treated, since one in 10 babies may develop complications¹.

It is important, however, to rule out the existence of more serious conditions. Following the treatment algorithm will help you to confidently prescribe Gaviscon Infant to appropriate patients.

Number of vomiting episodes in the 24 hours before and after Gaviscon Infant



ESSENTIAL INFORMATION

Active Ingredients: Sodium alginate 225 mg and magnesium alginate 87.5 mg per unit dose. **Indications:** Gastric regurgitation, gastro-oesophageal reflux and reflux associated with hiatus hernia in infants and young children. **Dosage Instructions:** Mix immediately before use. Do not give more than six times in 24 hours. Breast-fed infants: Under 10 lb (4.5 kg), one dose. Over 10 lb (4.5 kg), two doses. Add one teaspoon (5 ml) of cooled, boiled water to the powder in a glass, mix to a smooth paste, add two more teaspoons of the water and mix. Give after each feed using a spoon or feeding bottle. Bottle-fed infants: Under 10 lb (4.5 kg), one dose to be mixed into not less than 4 fluid oz (115 ml) of each feed in the bottle and shaken well. Over 10 lb (4.5 kg), two doses to be mixed into not less than 8 fluid oz (225 ml) of each feed in the bottle and shaken well. Young children: Two doses, prepared as for breast-fed infants, to be drunk after each meal. **Contraindications:** Intestinal obstruction, established diarrhoea, gastro-enteritis or situations where excessive water loss is likely. Known or suspected impairment of renal function since each dose contains 0.92 mmol of sodium and may add to the risk of hypernatraemia. Not to be used in premature infants or infants under one year unless under medical supervision. **Precautions and Warnings:** Dosage instructions must be followed to avoid an excessive amount of product per feed and the possible risk of hypernatraemia. A medical review of the patient's condition should be undertaken seven days after initiating treatment or before if symptoms worsen. Not to be used with thickening agents or infant milk preparations containing a thickening agent. **Side-Effects:** An excessive concentration of product may lead to gastric distension. **NHS Price:** 15 dual sachets £2.46. **Marketing Authorisation:** 0063/0099. **Supply Classification:** Pharmacy Medicinal Product. **Holder of Marketing Authorisation:** Reckitt Benckiser Healthcare (UK) Limited, Dansom Lane, Hull, HU8 7DS.

Date of Preparation: 15 April 2003.

Gaviscon and sword and circle symbol are trademarks.

This card is for the use of independent prescribers or any supplementary prescriber working from a protocol that entitles them to prescribe Gaviscon Infant

¹ weight loss, dehydration, oesophagitis
1. Miller S. *Curr Med Res Opin* 1999; 15: 160-168.