



**KNOWLEDGE
on Tap**

Infant defecation – not always an easy business!

An infant's digestive system is still immature in the first few months of life. Changes in stool colour, consistency or frequency may occur without being caused by underlying diseases but can quickly lead to uncertainty among parents. A baby's bowel movements vary greatly from person to person and are influenced by the food they eat.¹

Infant bowel movements – What is normal?

		
Stool colour	from light yellow to green to brown ²	from light yellow to green to brown ²
Stool consistency	usually liquid to mushy ³	more mushy ³
Stool frequency	between 10 times a day and once every one to two weeks ³	less frequently (1 to 3 times a day) ³

Stool colour cards as a tool for parents available

Discoloured stool: warning sign for a bile duct obstruction

Green stool: often observed when HA formula is administered due to the rapid transit time through the intestine of the broken down protein

Formulae containing **galacto-oligosaccharides (GOS)** can lead to softer stools, similar to those produced by breastfed babies.

Diarrhoea	a sudden decrease in consistency and/or an increase in individual stool frequency (≥ 3 times/24 hours) ⁴
Constipation	≤ 2 bowel movements per week with hard and perhaps even painful bowel movements ⁵

 **In the event of diarrhoea or prolonged constipation, parents should seek medical advice.**

Tips for difficult defecation

- + Baby gymnastics and letting the infant kick can stimulate digestion.
- + Strictly follow dosage instructions when preparing formula. Digestibility may be affected adversely by the wrong ratio of powder to water.
- Never manipulate the anus (e.g. by inserting a clinical thermometer) to provoke bowel movements.

Defecation difficulties are often the result of an initial functional disorder of bowel coordination. Some children also cry before passing a loose stool. This is harmless and is called **dyschezia**.⁶



Persistent problems with bowel movements should be discussed with a paediatrician. After consultation, it may be possible to switch to a **Comfort Special Formula**, which helps regulate digestion and loosen stools.

Change in diet

A change in diet, such as switching to a different formula, may result in a period of adjustment until the intestinal microbiota has got used to the new formula. Changes in stool colour, consistency or frequency or even temporary flatulence may occur.

Tip: It is best to make the **switch bottle by bottle** – give one bottle more of the new formula and one less of the previous formula each day.

Please note:

- Follow the prescribed dosage instructions
- Use the measuring scoop supplied with the pack
- No mixing of powders of different formulae in one bottle

Important information:

Breastfeeding is best for babies. Infant formula should only be given upon the advice of paediatricians, midwives or other independent experts.



Scanning the QR-Code will take you to the references



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