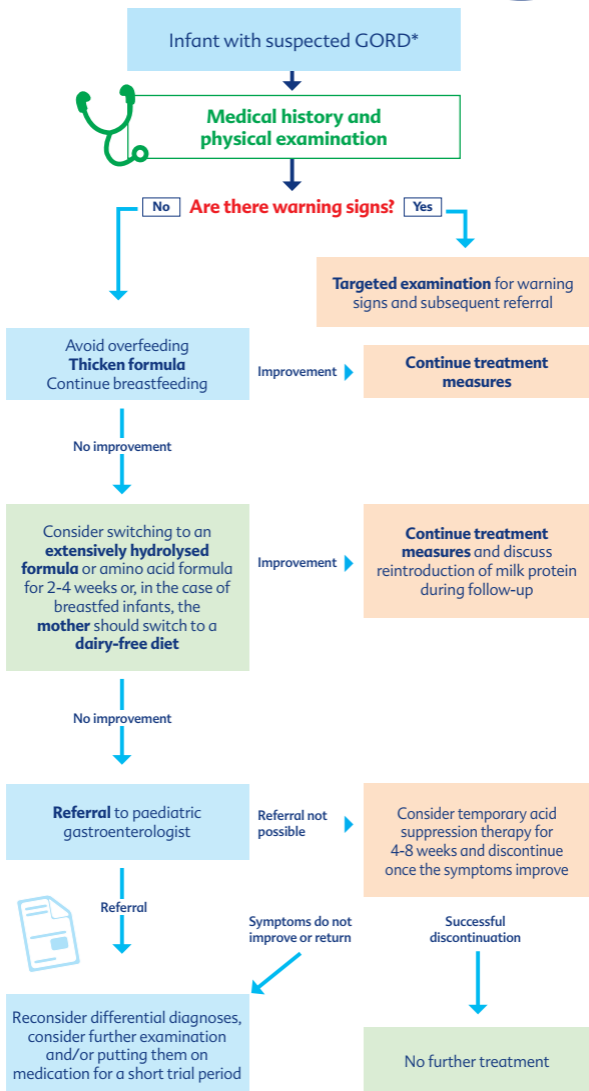


Compact Advice

Guideline-based approach to reflux

Evidence-based recommendations for the treatment of infants who frequently burp, spit up or vomit¹

according to
to
ESPGHAN



*Gastro-oesophageal reflux disease

Thickened formulae are effective in reducing reflux:

- Thickening the formula can reduce occurrence of spitting up and vomiting in infants with GORD.¹
- Thickening their formula reduces both the frequency and severity of spitting up and is recommended for bottle-fed infants who show persistent symptoms despite parental education and being fed adequate amounts of formula.²
- AR formulae may also be recommended as they speed up the process until the symptoms subside.³

Why is the use of AR formulae preferable to thickening conventional formula?

- Their energy density and nutritional composition is comparable to that of infant formulae (IF).
- They meet the nutritional needs of infants and do not lead to an excessive caloric intake, whereas thickening agents provide (unwanted) additional calories.^{2,3}
- Easy handling (comparable to IF): Preparation mistakes (such as overdosing) that could happen when using thickening agents are excluded.

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Important information: Breastfeeding is best for babies. Special formulae should only be used under medical supervision and only as long as deemed necessary to alleviate symptoms.

References: **1** Rosen R et.al. JPGN. 2018; 66: 516-554 · **2** Salvatore S et al. Nutrition. 2018; 49: 51-56 · **3** Vandenplas Y et al. Pediatr Gastroenterol Hepatol Nutr. 2016; 19(3): 153-161

HiPP ANTI-REFLUX: in cases of frequent burping and spitting up!

- ✓ particularly creamy thanks to carob bean gum powder
- ✓ suitable from birth, which is why they all contain LCPs (DHA and ARA)

