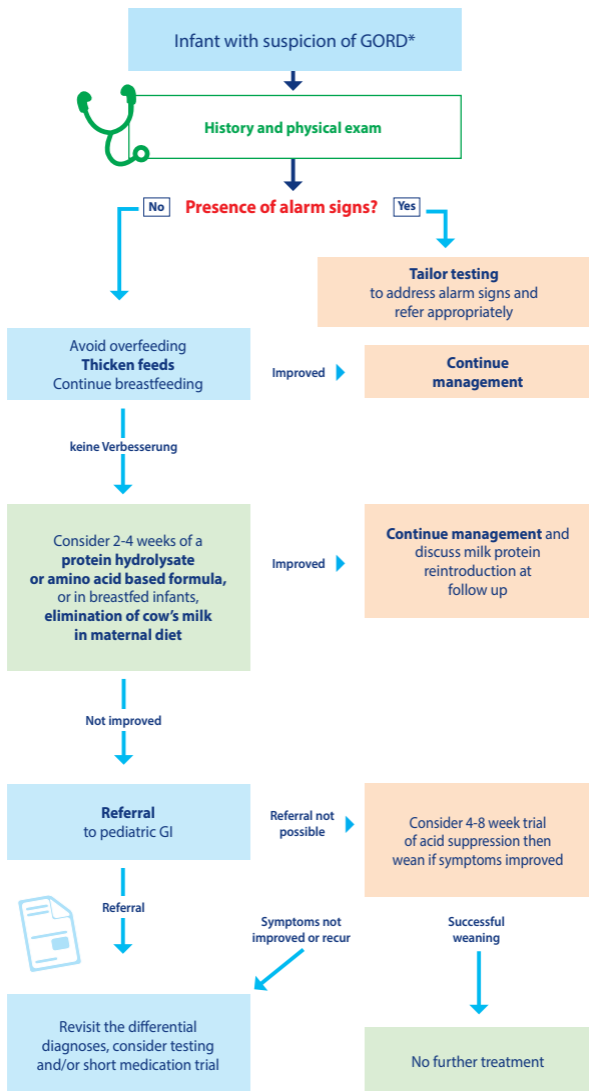


# Compact advice

## Guideline-compliant approach to reflux treatment

Evidence-based recommendations for the treatment of infants with recurring reflux, regurgitation or vomiting<sup>1</sup>

according to  
ESPGHAN



\*Gastro-oesophageal reflux disease

## Thickened formulas effectively reduce the occurrence of reflux:

- Use of thickeners may improve the occurrence of overt regurgitation/vomiting as symptoms of GOR in infants.<sup>1</sup>
- Thickened formulas reduce the frequency and severity of regurgitation and are indicated in formula-fed infants with persisting symptoms despite reassurance and appropriate feeding volume intake.<sup>2</sup>
- AR formulas can be recommended because they accelerate the process of regression.<sup>3</sup>

## Why is the use of AR formula preferable to the use of a thickening agent?

- Its energy density and nutrient composition are equivalent to that of infant formula.
- It meets the nutritional needs of an infant, without leading to an increased energy intake. A thickener, on the other hand, provides (undesirable) additional energy.<sup>2,3</sup>
- It is easy to use (similar to infant formula): Preparation mistakes like using too much thickening agent are impossible to make.

[hipp.com/hcp](http://hipp.com/hcp)

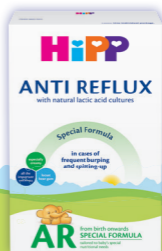
**Important note:** Breastfeeding is best for babies. Infant formula should only be given upon the advice of paediatricians, midwives or other independent experts.

### 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 reflux** and **regurgitation**

- ✓ especially creamy due to locust bean gum
- ✓ suitable from birth onwards, therefore consistently with LCP (DHA and AA)



A HiPP service for medical professionals