

# Gastro-oesophageal Reflux (GOR)

Information for parents and carers



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caring about children

## What is reflux?

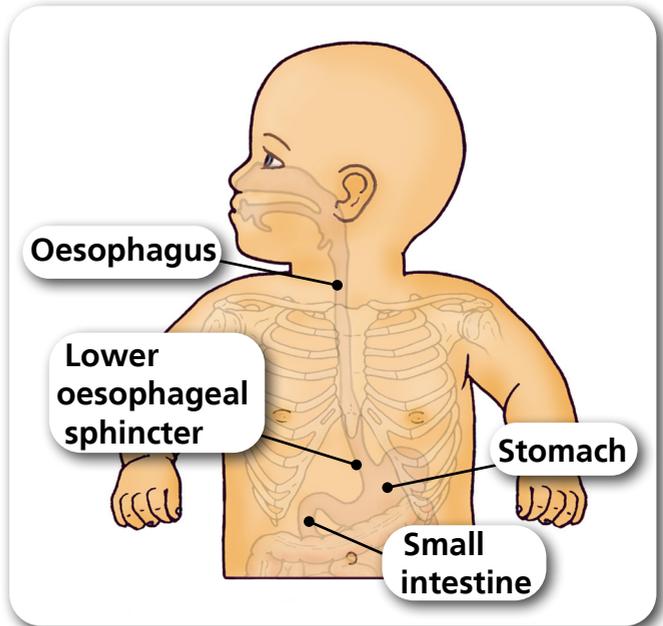
Reflux (or gastro-oesophageal reflux - GOR) occurs when milk and stomach acid flow back up the food-pipe (known as the oesophagus) and into the mouth. Reflux usually occurs straight after a feed.

## What causes reflux?

Reflux occurs as the ring of muscle (lower gastro-oesophageal sphincter) between the stomach and the food-pipe is not tight enough.

## Who does it affect?

Reflux is very common; it affects about half of all babies.



## Is it dangerous?

No, although reflux can appear uncomfortable for the baby, most babies continue to thrive and grow. Symptoms tend to settle with time and most babies are symptom free by one year old.



## What is the treatment for reflux?

*The treatment of reflux is usually very simple, and can be managed by the GP and health visitor:*

- Keep your baby upright during and after feeds
- Feed little and often (rather than large feeds)
- Adding thickener to feeds, or special 'stay down formulas' may be beneficial.

If these measures do not ease symptoms, medications which reduce stomach acid may be needed; for example, omeprazole or ranitidine.

In very severe cases, where the above treatment has not helped, a baby may need a few tests and further treatment, which would be done in hospital.

# Your Personalised Plan

*Advice given/what we have done today:*

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*Medication prescribed (if appropriate):*

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## Useful Resources

If you have further questions about reflux, please contact your GP or health visitor. The resources below may also provide you with some answers.

- 1. National Institute of clinical guidelines (NICE)** - Gastro-oesophageal reflux disease in children and young people: diagnosis and management.  
[www.nice.org.uk/guidance/ng1/ifp/chapter/reflux-in-babies](http://www.nice.org.uk/guidance/ng1/ifp/chapter/reflux-in-babies)
- 2. NHS Choices** - Reflux in babies  
[www.nhs.uk/Conditions/reflux-babies/Pages/Introduction.aspx](http://www.nhs.uk/Conditions/reflux-babies/Pages/Introduction.aspx)
- 3. Patient.co.uk - Health information**  
- Childhood gastro-oesophageal reflux  
<http://patient.info/health/childhood-gastro-oesophageal-reflux-leaflet>



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