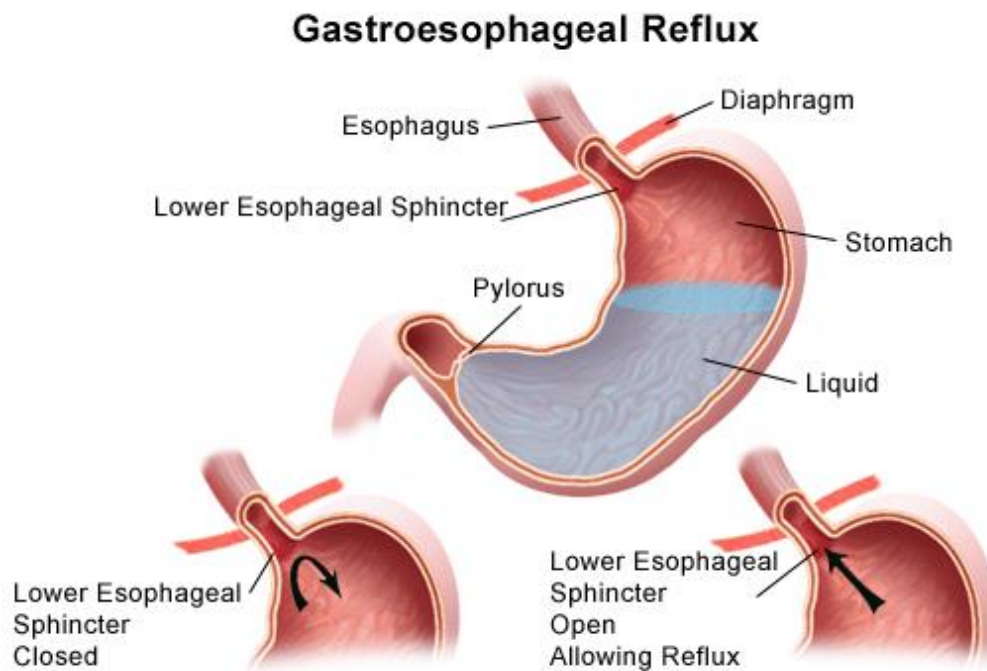


Gastroesophageal Reflux Disease (GERD)

Laryngopharyngeal Reflux (LPR)

What are GERD and LPR?

Gastroesophageal Reflux disease is a chronic digestive disorder caused by the abnormal flow of gastric acid from the stomach into the esophagus. It is classified as Laryngopharyngeal Reflux when the abnormal flow into the esophagus affects the upper airway tract, causing symptoms such as coughing, hoarseness and asthma, among others.



What are the symptoms of GERD/LPR?

Each child may experience different symptoms. Below is a list of the most common symptoms associated with GERD.

- | | | | |
|----------------|-------------------|------------------------|----------------------------|
| Heartburn | Belching | Refusal to eat | Stomachache |
| Fussiness | Frequent Vomiting | Hiccups | Frequent Ear Infections |
| Choking | Frequent Coughing | Coughing fits at night | Wheezing |
| Frequent URI's | Sour taste | Rattling in chest | Sore throat in the morning |

Treatment for GERD

Treatment may vary based on your child's symptoms and quality of life. Treatment options should be discussed with your physician. Treatment options may include lifestyle changes, diet changes, and/or medications.

Lifestyle and Diet Changes

- Maintain a healthy weight. Being overweight may exacerbate GERD symptoms.
- Consider raising the head of the bed.
- Avoid lying down after meals. Try to stay upright for 30 minutes to an hour after meals.
- Avoid eating late at night, or close to bedtime. The last snack or meal should be at least 2 hours before bedtime.
- Avoid tight fitting clothes.
- Offer smaller portions at meal-time with small snacks between meal-times.
- Limit or Avoid the following foods, especially close to bedtime:
 - Fatty foods
 - Fried foods
 - Acidic foods, such as tomatoes and citrus fruits and juices
 - Peppermint and Spearmint
 - Chocolate
 - Drinks with caffeine, such as sodas and tea

Special Instructions for Bottle Feeding Infants

- Burp frequently throughout feeding.
- Hold upright for 30 minutes after feedings.
- Keep the nipple filled with milk to avoid your infant from swallowing too much air.
- Try different nipples to find one that allows for a good seal while feeding.
- Discuss with your pediatrician adding cereal to your infant's formula.

Rev 2-5-2021