Chalasia, Gastroesophageal Reflux, Infant
(Spitting Up)

Your baby's spitting up is caused by a condition called "gastroesophageal reflux." It happens because the opening between your baby's *esophagus* (the food tube between the mouth and stomach) and stomach does not close completely. This allows food in the stomach to flow backwards into the esophagus. It causes your baby to spit up mouthfuls of milk or food shortly after a feeding. This is common in infants and improves with age. Most babies are better by the time they can sit up. On rare occasions the condition may be severe and can cause more serious problems.

HOME CARE INSTRUCTIONS

- Do not over-feed your baby. This aggravates the condition. At feedings, give your baby smaller amounts and feed more frequently.
- Bubble (burp) your baby frequently during each feeding. This will get rid of air in your baby's stomach and help prevent spitting up. Feed your baby in a mildly upright position (not lying flat).
- Keep your baby in the same position for awhile after feeding. You may hold the baby or use a front-pack, backpack, or swing. Avoid using an infant seat.
- For sleeping, place your baby flat on their back. Raising the head end of the crib works well. DO NOT put your baby on a pillow.
- Do not hug or play hard with your baby after meals. When you change your baby's diapers, be careful not to push the baby's legs up against the stomach. Keep diapers loose.
- When you get home from the doctor, weigh your baby on an accurate scale and record it daily. Compare the weight to the doctor's scale immediately upon returning home so you will know the difference between scales.

SEEK IMMEDIATE MEDICAL ATTENTION IF:

- Your baby develops vomiting of greenish material or the spitting up becomes worse.
- Your baby spits up blood.
- Your baby vomits forcefully.
- Your baby develops breathing difficulties.

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