GASTROESOPHAGEAL REFLUX (GER)

Gastroesophageal reflux is a condition in which stomach acid and partially digested food can flow back up into the esophagus. GER can cause vomiting, heartburn, and esophagitis (inflammation of the esophagus).

Many infants have reflux, but can outgrow it. Can occur at any age.

Coughing can make reflux worse. Reflux is more likely to occur when the stomach is full and when lying down.

**Symptoms of GER**

- Repeated vomiting or spitting up
- Frequent burping
- Stomach aches or heartburn
- Decreased appetite or feeling full after eating only a small amount (early satiety)
- Slow or no weight gain from reluctance to eat and losing food from vomiting
- GER can lead to coughing and wheezing
- GER is worsened with constipation

**Treatment of GER**

- Acid blocking medication
- Medication to help the stomach empty better
- Smaller more frequent meals
- Avoid carbonated drinks
- Avoid caffeine (cola, tea, coffee, and excessive chocolate)
- Do airway clearance before eating
- Reflux precautions
  
  Staying upright after meals

  Prop the head of the bed 6-8 inches if GER occurs at night

  Avoid playing right after meals