

When to seek medical advice



Parents should always seek medical advice if they are worried in any way about their infant, or themselves. See also our useful checklist at the bottom of the page. In relation to gastro-oesophageal reflux, parents should especially seek medical advice if:

www.reflux.org.au

<p>Their infant or child</p> <ul style="list-style-type: none"> • is very irritable, cries excessively or is inconsolable • appears to be in pain • does not sleep well and is easily disturbed • has weight loss or poor weight gain • develops hoarseness • appears to be refluxing frequently 	<p>With feeding, their infant or child</p> <ul style="list-style-type: none"> • refuses to eat/feed • pulls off the bottle or breast; or frequently interrupts the feed • is difficult to reattach to the breast or bottle • arches their back, draws their legs up or screams • is fussy or sensitive to different textures • chokes or gags • complains of pain (NDDIC, 2006)
<p>Their infant or child's vomiting</p> <ul style="list-style-type: none"> • is of large volume • is frequent • is increasing in amount • is forceful • contains coffee ground-like material or is black, red or brown • is green or yellow 	<p>Their child complains of (NASPGHAN, 2004)</p> <ul style="list-style-type: none"> • food/fluid coming into the back of their throat or mouth • heartburn or pain in the stomach or chest area • difficult or painful swallowing • food getting stuck
<p>Their infant or child has chest issues</p> <ul style="list-style-type: none"> • any increased breathing effort, particularly after vomiting (NDDIC, 2006) or during or after eating • repeated coughing • wheezing • repeated chest infections or pneumonia • apnoeas (breathing stops temporarily) • cyanosis (turns blue) or colour changes (pale or blue) around their mouth or face 	<p>Either partner feels</p> <ul style="list-style-type: none"> • distressed • overtired and exhausted • confused about how to manage their child • lacking support • socially isolated because of their child's behaviour • depressed or feeling down/negative • not eating • not sleeping • not coping • excessively weepy • worried that they might harm their child or themselves

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Additional information on gastro-oesophageal reflux is provided in our book "Reflux Reality: A Guide for Families".

