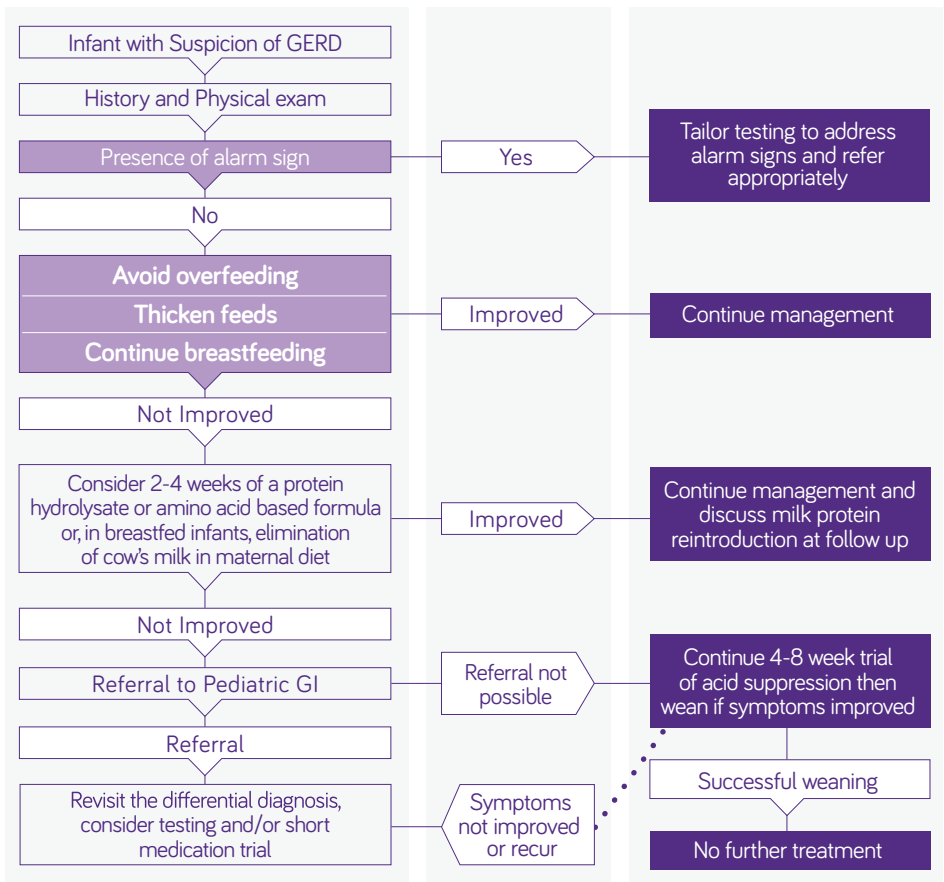


Rome IV Diagnostic Criteria for Infant Regurgitation¹

Must include both of the following, in otherwise healthy infants, 3 weeks to 12 months of age:

- Regurgitation 2+ times per day for 3+ weeks
- Without the presence of retching, hematemesis, aspiration, apnea, failure to thrive, feeding or swallowing difficulties, or abnormal posturing

ESPGHAN Management of Reflux & Regurgitation²



Why Medicate? Try Nutrition First



From 2009 to 2018, there was a substantial and statistically significant rise in anti-reflux medications prescribed to infants in Ireland³

NEW 2022 EAACI GUIDELINES recognise that medications are often inappropriately used in the treatment of GERD and GER in infants⁴

EAACI review of pharmacological management:⁴



- 1** **No guideline** recommends the use of prokinetic agents
- 2** ESPGHAN² found **insufficient evidence** to recommend a trial with an alginate
- 3** H2RAs do not reduce crying/distress or visible regurgitation/vomiting and have **limited evidence** on efficacy and safety
- 4** Concerns that PPIs impact the long-term bioavailability of certain vitamins/minerals and **increase the risk** of developing food allergy

References: 1. Benninga MA et al., *Gastroenterology* 2016;150:1443-55. 2. Rosen R et al., *J Pediatr Gastroenterol Nutr.* 2018;66(3):516-54. 3. O'Reilly D et al., *Eur J Pediatr* 2020;179:1963-67. 4. Meyer R et al., *Pediatr Allergy Immunol.* 2022 Oct;33(10):e13856. doi: 10.1111/pai.13856. PMID: 36282131.

GERD: Gastroesophageal Reflux Disease; **GI:** Gastrointestinal; **ESPGHAN:** European Society of Paediatric Gastroenterology Hepatology and Nutrition; **EAACI:** European Academy of Allergy & Clinical Immunology; **GER:** Gastroesophageal Reflux; **H2RA:** Histamine 2-Receptor Antagonists; **PPI:** Proton Pump Inhibitors