

Infantile colic

RFQs

- How is she growing?
- Does she vomit? How much? What about between feeds?
- How are her bowels?
- Is she passing urine OK?

Provide

Lily looks really well. She is not vomiting and she is growing well. Her tummy feels fine and she is opening her bowels normally. I think she just has colic. Baby massage might help (your health visitor can teach you this) but it is important that you are happy that nothing serious is going on.

If your baby tends to regurgitate a lot it may be worth a go with a stay down formula, or I could give you some carobel to thicken her feeds.

Safety nets:

If I am wrong about this being simple colic: If she is really unsettled, during or after her feeds, then she might even have cows' milk protein intolerance.

If she is vomiting repeatedly, particularly between feeds, then we should see her urgently. Or if she has blood in her stool.

If she is not wetting at least 3 nappies a day or if she is dropping through her growth lines please let us know.

Provide

Since your baby isn't thriving, and she seems to be distressed during feeds, together with her stool being mucousy, she may have Cow's Milk Protein Intolerance.

If I'm right a 2-6 week trial of Cow's Milk Protein Intolerance (CMPI) formula, followed by a swap back to normal formula should make the diagnosis. Usually within a week or so on the new formula you will have a different baby.

For breast fed babies: the mother would need to go dairy free for at least a month (with dietician support.) If I'm wrong then I should see her again within 2 weeks and perhaps we should ask for a specialist opinion.

Baby's with colic, or reflux, may also benefit from being propped up after feeds.