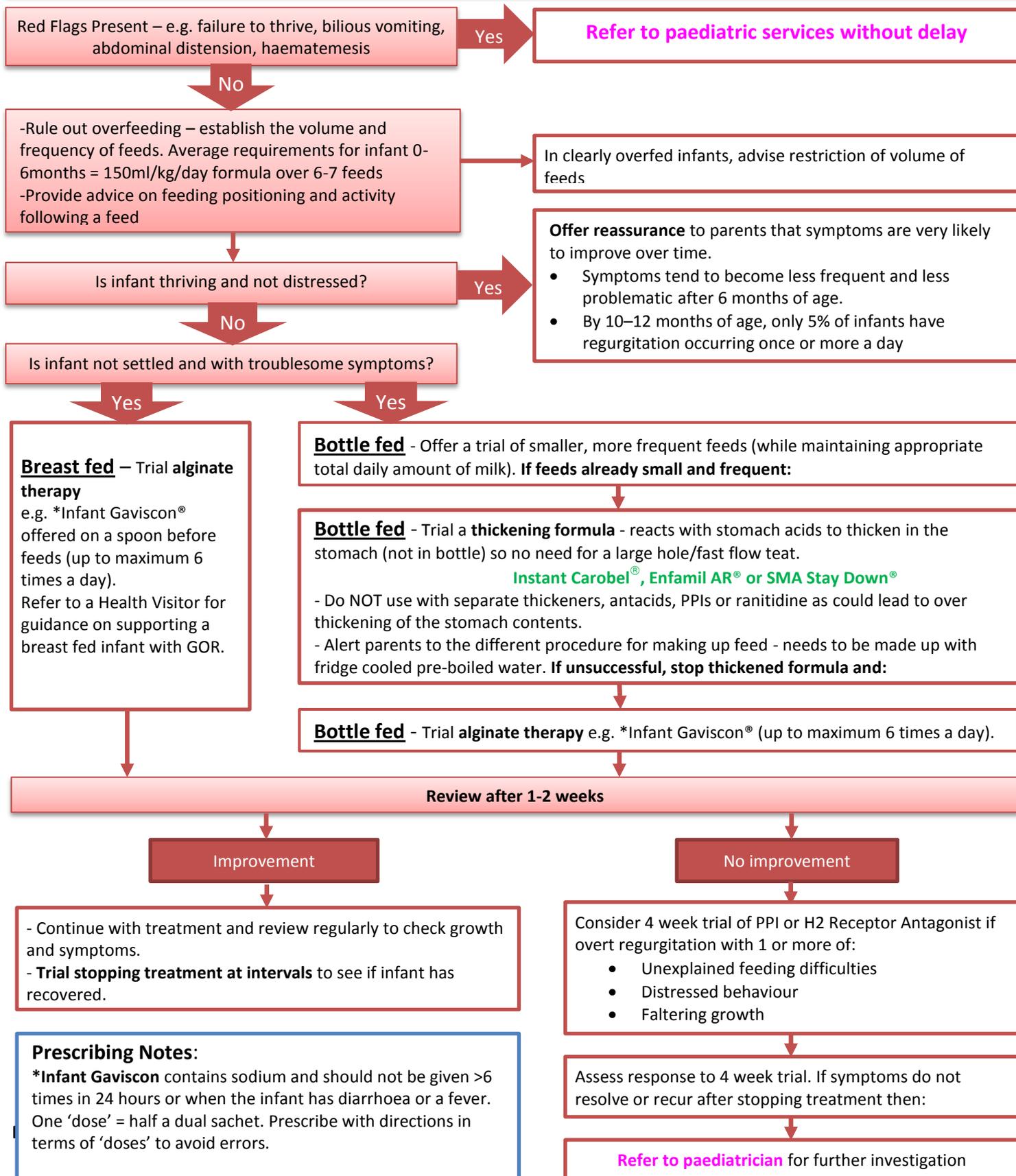


## FLOW CHART FOR MANAGING GASTRO-OESOPHAGEAL REFLUX (GOR)

- Gastro-oesophageal reflux (GOR) is the passage of gastric contents into the oesophagus causing troublesome symptoms and/or complications.
- Symptoms may include regurgitation of significant volume of feed, reluctance to feed, distress/crying at feed times, small volumes of feed being taken.
- Diagnosis is made from a history of effortless vomiting (not projectile) after feeding, usually in the first 6 months of age, and usually resolves spontaneously by 12-15 months. Note that 50% of infants have some degree of reflux at some time.



**Prescribing Notes:**

\*Infant Gaviscon contains sodium and should not be given >6 times in 24 hours or when the infant has diarrhoea or a fever. One 'dose' = half a dual sachet. Prescribe with directions in terms of 'doses' to avoid errors.

## Comparative Costs of Specialist Infant Formulae

### THICKENING FORMULA and THICKENING AGENTS for Gastro-Oesophageal Reflux

The following are available to buy over-the-counter at high street pharmacies or supermarkets and are similar cost to standard infant formula – **do NOT routinely prescribe on NHS prescription**

PRODUCT	Manufacturer	Presentation	Pack	Pack Size	Retail Price
SMA Staydown®	SMA Nutrition	Powder	Tin	900g	£10.00
*Enfamil AR®	Mead Johnson	Powder	Tin	400g	£4.79
Instant Carobel®	Cow and Gate	Powder	Tin	135g	£4.20

Prices listed are approximate retail prices at pharmacies and supermarkets June 2016

\*May need to be ordered from a pharmacy

	Use as 1 <sup>st</sup> line		Secondary care initiation. Not routinely started in primary care.
	Use as 2 <sup>nd</sup> line		Available to purchase over the counter (OTC) at a similar cost to standard infant formula
	Ready to feed liquid not to be routinely prescribed instead of powder feed – only in rare clinical circumstances – this reason and the duration should be clearly stated by secondary care		

## National and Local Spend

These guidelines consider both clinical and cost effectiveness in its recommendations. Some products may not be the least expensive but are considered the most appropriate first line product for the condition.

The pre-thickened formulae and the thickening preparations (thicken on reaction with stomach acids) are similar in price to standard infant formulae and is readily available from the community pharmacy. Parents/carers should be advised to purchase OTC. Cost savings can be achieved by not routinely prescribing these products in primary care. Local annual prescribing spend for this indication - £2.9k for ENHCCG and £1.4k for HVCCG.

**Acknowledgements, References and Appendices:** Please refer to the full document: Hertfordshire Guidelines on Specialist Infant Feeds (HMMC) Feb 2015 (Updated June 2016).