

Reflux in CF Babies

Gastro-oesophageal reflux is a very common condition in many babies and even more common in those with CF.

It is caused by the acid in the stomach rising into the oesophagus causing discomfort for your baby. Most babies will grow out of reflux with age.

Symptoms

Symptoms of reflux may include the following:

- Unsettled, crying and fussing baby.
- Excessive spitting up and vomiting.
- Refusal to feed or only eating small amounts.
- Irritability during feeding/eating.
- Wet burps or hiccups.
- Failure to gain weight.
- Arching during or after feeding.
- Cough at night.
- Gagging or choking during feeding.
- Disturbed sleeping.

Treatment

Reflux treatment depends on the severity of the disease. There are ways to assist minimising symptoms for your baby, including:

- Ensuring clothing is not too tight around their tummy.
- Feeding in a more upright position.
- Burping for longer after feeding.
- Making sure you allow at least an hour after feeding before physio.
- Babies may get some relief by thickening feeds, speak with their CF team about this.



- If you are breastfeeding, it may be helpful to look at your diet, as some foods may be triggering for your baby, however always speak with your doctor first.
- Medications are available for severe cases and may be something to discuss with your baby's CF team.

Useful Resources

- [Information for New Parents \(CFWA\)](#)
- [Reflux & GORD \(Raising Children\)](#)

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