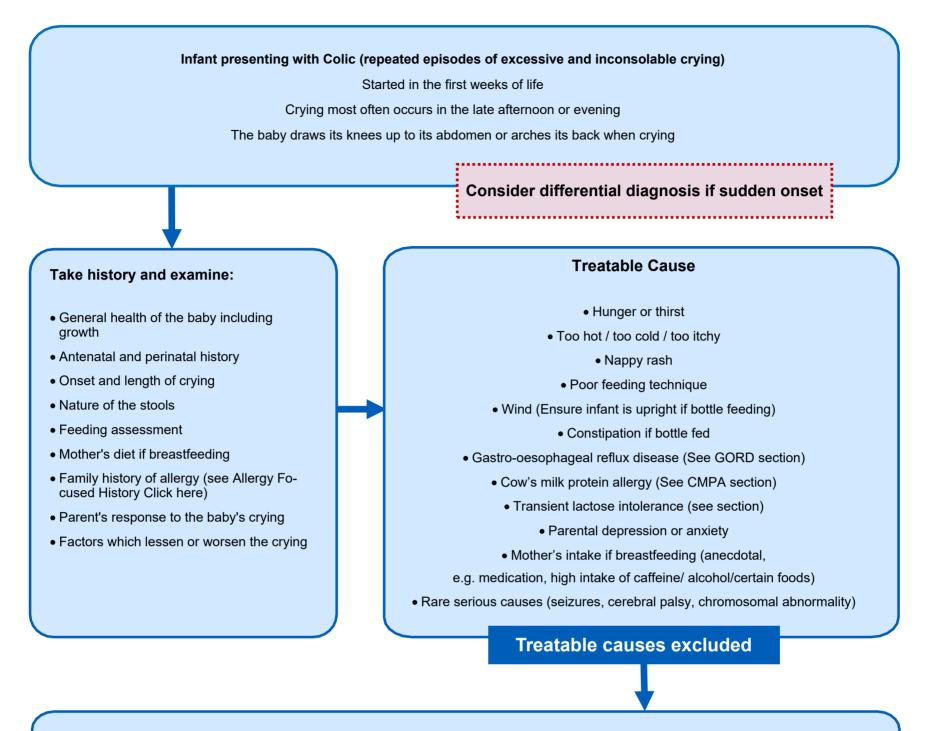
Colic in Infants

For use by healthcare professionals only





Management - Primary Care and Community Settings



Management

Reassure and acknowledge (do not ignore/dismiss concerns) colic usually resolves by 4 months Offer ongoing support and review

Advise strategies one at a time e.g.

Holding baby through crying (although putting the baby somewhere safe is sometimes needed)

Gentle motion White noise

Bathing in warm water

Encourage parents to look after their own health

Only consider medical treatment if parents are unable to cope

- 1 week trial of OTC simeticone drops
- 1 week trial of OTC lactase drops

Only continue if improvement. Simeticone can be prescribed if strong rationale present but Lactase drops are not licensed for colic even if some small trials have shown some effects.

Low lactose and /or lactose free formula are NOT recommended.

Colic in infants - parent information leaflet

This guidance has been reviewed and adapted by healthcare professionals across Humber and North Yorkshire with consent from the Hampshire development groups