

# KEY TAKE-OUTS: MANAGEMENT OF INFANTILE COLIC

Adapted from Salvatore S, et al. *Acta Paediatr.* 107: 1512-20, 2018

## PARENTAL EDUCATION AND REASSURANCE AS THE FIRST LINE OF MANAGEMENT

### PROVIDE PARENTS INFORMATION ON:

- Signs of pain, hunger and fatigue in infants
- The transitory nature of the infantile colic
- Soothing strategies e.g. holding the crying infant

### NUTRITIONAL MANAGEMENT

- Continue breastfeeding
- In some breastfed infants, specific strain of probiotics (*L. reuteri* DSM 17938) may decrease infantile colic
- Some formula-fed infants could benefit from a partial hydrolysate with prebiotics and beta-palmitate or a synbiotic formula with reduced lactose and partially hydrolysed protein.
- Encourage parents to seek support when needed

### PHARMACOLOGICAL THERAPY

- Pharmacological therapy may cause serious adverse reactions, and is not recommended.

#### FOR HEALTHCARE PROFESSIONALS ONLY.

**Breastmilk is best for babies.** Good maternal nutrition is important for breastfeeding. Partial bottle feeding could negatively affect breastfeeding. Reversing a decision not to breastfeed may be difficult. Improper use of infant formula may affect the health of the baby. Social and financial implications should be considered.

#### REFERENCES:

Vandenplas, Y, et al. *Acta Paediatr.* 105: 244-52, 2016 [Expert group review]  
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