

## Telephone Triage

# When parents call about infant crying

*Could it be gas?*



## Common **signs** of infant gas

- Crying continues even after changing and feeding
- Baby fusses and kicks or pulls up his/her legs
- Baby's belly looks bloated or full
- Baby has a hard time burping or spits up often
- For breastfed babies, mother has eaten a gas-producing food:
  - Beans
  - Bran
  - Broccoli
  - Brussels sprouts
  - Cauliflower
  - Cabbage
  - Onions
  - Caffeine (coffee, tea, etc.)

## Ways to help **relieve** infant gas

- Lay baby on his back and bicycle his legs to help gas pass.
- Massage baby's tummy while lying down, using gentle-firm circular strokes.
- Burp baby either over your shoulder or sitting up with head supported.
- Try the "football hold" to help release gas. Hold baby securely against your forearm, facing away from you, so her legs are on either side of your elbow and her chin is in your hand. Keep baby at a slight slant to deter spitting up.
- Try an infant anti-gas medication, like Infants' MYLICON® Drops, to gently break down gas bubbles in minutes.
  - If baby is prone to getting gas often, MYLICON® can be safely administered with each feeding.

## Ways to help **prevent** infant gas

- Respond promptly to baby's cries to deter air swallowing.
- When feeding, make sure baby's lips form a good seal far back on the breast's areola or the bottle's nipple.
- Burp regularly and effectively—either when changing breasts (for nursing babies) or after every 2 to 3 ounces (for bottle-feeders). Hold baby upright with head supported and firmly pat the back for a few minutes. (Note that babies may not burp every time.)
- If breastfeeding, avoid gas-producing foods.
- If bottle-feeding, make sure the nipple hole is the right size. It should release 2 or 3 drops of liquid then stop when bottle is held upside down. Also, tilt bottle during feeding, so liquid always fills the whole nipple.
- Make an appointment with your doctor if you suspect your breast milk or formula may be causing stomach trouble.

See other side for MYLICON® Professional Product Information

*A patient support tool  
created by the makers of*

