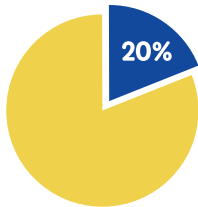


FOR HEALTHCARE PROFESSIONAL USE ONLY
SCIENCE INSPIRED BY NATURE

Managing colic in formula fed infants



Colic is common in the first few months of life and affects 20% of infants.¹

This can be distressing for parents and is a frequent contributor to the need for healthcare professional consultations.

1 in 6 families seek help and advice about the management of colic.²



This stepped care approach is designed to help healthcare professionals support parents and manage colic.

sma
nutrition

Identifying it as colic

A diagnosis of colic can be made when all the following are present³:



An infant aged **<5 months** when the symptoms start and stop



Recurrent and **prolonged periods of crying, fussing or irritability** reported by parents (caregivers) that occur without obvious cause and cannot be prevented or resolved by parents or caregivers



No evidence of infant faltering growth, fever or illness

Offer parental reassurance and advice

In >90% of cases, treatment consists of helping the parents get through this challenging period in the babies development.³ Reassure them that colic is a common issue that should resolve by 6 months of age.⁴



Soothe baby:

- ✓ Hold the baby through the crying episode
- ✓ Gentle motion
- ✓ Create 'White noise'
- ✓ Giving the baby a warm bath

Encourage parents to look after their well-being:

- ✓ Ask family and friends for support
- ✓ Rest when baby is asleep
- ✓ Access peer support from parents with babies of the same age
- ✓ Allow themselves time out for a few minutes by putting baby down in a safe place if they cannot cope



Take a nutritional approach

If practical support has not helped and parents are still struggling, there are specialist formulas designed to help manage colic in formula fed infants.

SMA® Comfort can be a useful option to consider.⁵



How the nutritional features of SMA® Comfort may help with colic and associated symptoms of the crying baby

Reduced lactose

For infants where lactose intolerance is a cause of colic, it may help with symptoms and lead to reduced crying time⁶

Increased Magnesium*

For infants with constipation, it may lead to significant improvement in stool consistency⁷⁻⁹

100% whey, partially hydrolysed protein

Supports easier digestion and accelerates gastric emptying¹⁰

Arrange for follow-up

- ✓ Arrange a **follow up contact** to reassure parents if symptoms persist.
- ✓ Parents should be made aware that when changing to a Comfort formula it may take **up to 2 weeks to see an improvement** in symptoms of colic and constipation.
- ✓ Some Comfort milks are thickened formulas so advise parents to use a **fast flow teat**.
- ✓ There may be a **change in stool colour** when changing to a Comfort milk, this is normal, and parents should be advised not to be concerned.

*SMA Comfort has an increased magnesium content of 8.1mg/100ml, compared to SMA PRO First Infant Milk which contains a magnesium level of 5.7mg/100ml. (The increased content is still within regulatory limits of infant FSMP Delegated Regulation (EU) 2016/128 for food for special medical purposes).

Visit

**www.smahcp.co.uk/colic-and-constipation
or www.smahcp.ie/colic-and-constipation
for more information about managing colic
and to download other tools**

References:

1. Vandenplas Y et al. JPGN 2015 (61); 5: 531–537. **2.** Drug and Therapeutics Bulletin. Management of Infantile Colic [Online]. 2013. Available at: <http://dtb.bmj.com/content/51/1/6.full.pdf+html> (Accessed April 2021). **3.** Benninga M et al. Gastroenterology 2016;150: 1443–1455. **4.** NICE (2017) scenario: Management of infantile colic. Available at <https://cks.nice.org.uk/topics/colic-infantile/management/management/> (Accessed April 2021). **5.** Vandenplas Y et al. Acta Paediatrica (2014);103, pp. 689–695. **6.** Kanabar D et al. J Hum Nutr Dietet 2001; 14: 359–363. **7.** Infante et al. Nutrition Journal 2011; 10:55–8. **8.** Chao et al. Nutrition 2007;23:469–473. **9.** Benninga MA; MENA Infant Constipation Study Group, Vandenplas Y. The Magnesium-Rich Formula for Functional Constipation in Infants: a Randomized Comparator-Controlled Study. Pediatric Gastroenterology Hepatology and Nutrition 2019 May;22(3):270–281. **10.** Billeaud C et al. Eur J Clin Nutr 1990; 44: 577–583.

IMPORTANT NOTICE: The World Health Organisation (WHO) has recommended that pregnant women and new mothers be informed on the benefits and superiority of breastfeeding – in particular the fact that it provides the best nutrition and protection from illness for babies. Mothers should be given guidance on the preparation for, and maintenance of, lactation, with special emphasis on the importance of a well-balanced diet both during pregnancy and after delivery. Unnecessary introduction of partial bottle-feeding or other foods and drinks should be discouraged since it will have a negative effect on breastfeeding. Similarly, mothers should be warned of the difficulty of reversing a decision not to breastfeed. Before advising a mother to use an infant formula, she should be advised of the social and financial implications of her decision: for example, if a baby is exclusively bottle-fed, more than one can (400 g) per week will be needed, so the family circumstances and costs should be kept in mind. Mothers should be reminded that breast milk is not only the best, but also the most economical food for babies. If a decision to use a formula is taken, it is important to give instructions on correct preparation methods, emphasising that unboiled water, unsterilised bottles or incorrect dilution can all lead to illness. This product must be used under medical supervision. **SMA® Comfort** is a special formula intended for the dietary management of bottle-fed babies with colic and constipation. It is suitable as the sole source of nutrition up to 6 months of age, and in conjunction with solid food up to 12 months of age.

SMA® Nutrition UK and Ireland

®Reg. Trademark Société des Produits Nestlé S.A.

sma
nutrition

ZTC5207/04/21