



## Acid Reflux Symptoms Checklist: Infants and Young Children

Pediatric Gastroesophageal Reflux (GER) can range from mild to life threatening. Signs and symptoms may include one or several of the following:

### **PAIN:**

Irritability, constant or sudden crying, "colic", back arching, abdominal pain, chest pain, heartburn, burning sensation in the esophagus. Rare: pain migrating to the shoulder/shoulder blade.

### **VOMITING:**

Frequent spitting up or vomiting, frequent wet/sour burps, wet hiccups, Silent reflux: food coming part way up more than an hour after eating, spitting up-after six months of age. Rare: projectile vomiting, forceful vomiting through the nose and mouth.

### **EATING:**

Extreme pickiness about foods or textures, food intolerances, refusing food, eating only a few bites despite hunger, Dream Feeding: eating only when sleepy or asleep, gagging, choking, poor weight gain, weight loss. Rare: excessive weight gain from constant feeding and comfort feeding.)

### **RESPIRATORY:**

Constant runny nose, stuffy nose, frequent upper respiratory infections, sinus infections,

bronchitis, croup, wheezing asthma, night cough, throat clearing, noisy or labored breathing/stidor, hoarse or deep voice. Rare: pneumonia, aspiration, apnea.

### **DENTAL:**

Tooth enamel erosion, bad breath, excessive salivation/drooling.

### **SLEEP:**

Poor sleep, frequent waking, frequent ear infections, resists lying down, cries when placed on back or flat surface, only sleeps when upright on shoulder, car seat, wedge.

### **BEHAVIOR:**

Fussy, clingy, pain based aggression.

### **DEVELOPMENT:**

Delayed motor milestones due to restricted positioning, excessive crying.

### **RARE:**

Vocal cord nodules, laryngospasm, Barretts Esophagus, ulcers, esophagitis.

**Gastroesophageal Reflux may be aggravated by:**

Milk/Soy Protein Intolerance  
Constipation  
Food Allergies  
Food Intolerance  
Sleep Apnea  
Hiatal Hernia  
Gastroparesis-also called Delayed Gastric Emptying or Slow Motility  
Asthma  
Prematurity

**LOOKS LIKE REFLUX BUT IT IS NOT:**

It is important for you and your doctor to consider other diseases that have similar symptoms when diagnosing and treating acid reflux:

Pyloric Stenosis  
Celiac Disease  
Cyclic Vomiting Syndrome

Reflux is very common and can be easy to miss. Untreated acid reflux can have serious long-term consequences. If you believe your child may have GER, talk to your doctor or a gastroenterologist. If you know your child has GER, contact PAGER Association for the support you need. PAGER Association is a parent-led, non profit organization providing information and support to parents of children with GER.

Pediatric Adolescent Gastroesophageal Reflux Association  
PO BOX 486  
Buckeystown, Maryland 21717 USA  
[www.reflux.org](http://www.reflux.org)  
[gergroup@aol.com](mailto:gergroup@aol.com)  
301-601-9541  
copyright 2005 PAGER Association