

## Rationale

- As colic eventually improves on its own, medical treatment isn't usually recommended.
- There are some over the counter treatments available that could be tried but there is limited evidence for the effectiveness of these treatments.

## Recommendations for clinicians

- Advise patient to seek initial advice from their health visitor. Health visitors to provide the patient with a 'non-prescription' sheet or a patient information leaflet to promote education about self-limiting conditions suitable for self-care when appropriate.
- Advise patients of safe and effective self-care measures:
  - Holding and rocking gently over the shoulder baby during a crying episode
  - Preventing baby swallowing air by sitting or holding them upright during feeding
  - Ensuring optimal winding technique is used
  - Usually improves by 3-4 months of age and resolves by 6 months of age
  - Gently massaging baby's tummy or bathing in a warm bath
- Advise patients to seek immediate medical advice in the following circumstances, if baby:
  - Has blood in their stool, vomiting of green fluid or not feeding
  - Has a bulging fontanelle (the soft spot at the top of a baby's head) or seems floppy when picked up
  - Has a fit (seizure) or has a weak high pitched or continuous cry
  - Has breathing problems, such as breathing quickly or grunting while breathing or turns blue, blotchy or very pale
  - Has a fever of  $>38^{\circ}\text{C}$  (if less than three months old) or  $>39^{\circ}\text{C}$  (if three to six months old)

### Example of products available to buy over the counter\*

Simeticone (Dentinox Colic Drops) Licensed for infants from birth (~£2.70 for 100ml)

Simeticone (Infacol) – Licensed for infants from birth (~£3.20 for 50ml)

For further information see Self-care forum <http://www.selfcareforum.org/>, NHS UK <https://www.nhs.uk/conditions/>, Patient UK <https://patient.info/>

\*Prices correct at time of writing and are subject to change

