

GP SelfTest Challenge question answer

An exclusively breastfed baby has symptomatic gastro-oesophageal reflux disease (GORD). Breastfeeding assessment and advice has failed to help.

Which is the SINGLE MOST appropriate initial management option? Select ONE option only.

- A. Add feed thickener to expressed breast milk
- B. Prone sleeping position
- C. Oral alginate
- D. Reduce the volume of feed
- E. Oral H₂- antagonist

The correct answer is: C. Oral alginate

Answer justification and feedback: In breast-fed infants with frequent regurgitation associated with marked distress that continues despite a breastfeeding assessment and advice, consider alginate therapy for a trial period of one to two weeks. If the alginate therapy is successful continue with it, but try stopping it at intervals to see if the infant has recovered.

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