Management of Colicky Infants

- During periods of the pains, give the baby 2oz of Chamomile tea (yes, made with regular chamomile tea bags) with ½ tsp of brown sugar. Chamomile has a calming effect on your baby’s gut.
- Mylicon Drops – these drops contain Simethicone, which binds and eliminates gas. It works in 50% of infants with gas.
- Gripe Water – made of concentrated chamomile, also works well in 50% of the time.
- Changing formula – sensitive formulas contain less or no lactose at all and may help in reducing pains.
- Nursing Mothers – avoid eating foods that make you gassy such as cabbage, lettuce and beans. Avoid tomato sauce, pizza, lasagna, coffee, chocolate and spicy foods. Drink lots of chamomile tea.
- Elimination Diets – nursing mothers could eliminate one food for 3 days and observe any improvements. Start with dairy & soy, proceed to egg whites and end with nuts. If no improvement is seen after 3 days, you could re-introduce these foods.
- Stay Calm – do not shake the baby out of frustration. Colicky babies are usually easily consolable if you hold and gently rock them.
- If Symptoms persist or worsen, call and schedule an appointment. Please bring a dirty diaper with your baby’s bowel movement so Dr. Simai could check your baby and make any further dietary changes.

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