



**NEW**

# Lactease

infant drops

***NO NEED FOR TEARS***

***TIPS FOR DEALING WITH COLIC***

## **WHAT IS COLIC?**

### **WHAT ARE SIGNS AND SYMPTOMS OF COLIC?**

*Infantile colic has been talked about since the 1950s and recent research highlighted that one in three Irish mothers had experienced infantile colic (Research carried out at the Big into Baby Show RDS October 2009).*

In the 1950s, Dr. Morris Wessel, a well-known New Haven paediatrician, defined an infant with colic as "one who, otherwise healthy and well-fed, had paroxysms of irritability, fussing or crying lasting for at least three hours a day and occurring on more than three days in any one week for a period of three weeks."

It is also important to remember that most infants normally cry for two to three hours per day, but this is usually spread out during the 24-hour period.



***Crying associated with colic most frequently begins suddenly and is loud and continuous and usually begins after a feed.***

The crying can last a long time – sometimes up to four hours and typically begin in the late afternoon when parents and minders are tired!. The baby's face often gets flushed or red.

The belly is sometimes distended or prominent, the legs alternating between flexed and extended straight out; the feet are often cold and the hands clenched. Colic can begin around 2 weeks of age and ought to be gone by three to four months.

Babies up to 3 to 4 months can sometimes have a deficiency of the enzyme lactase and their digestive system is unable to breakdown lactose satisfactorily into glucose and galactose. This can lead to digestive discomfort which can be an important factor in colic.

***Lactase Infant Drops work by breaking down lactose and making it more digestible and thereby easing the discomfort your baby may experience after feeding.***

## WHAT CAN BE DONE TO HELP WITH COLIC?

First of all, remember you are not alone. This is a very common problem. Discuss your concern with your pharmacist and with others who you know have experienced "colicky" infants. Also keep in mind that colic generally occurs in big, healthy, active and vigorous babies who are great eaters and who grow very well. The baby with colic often has episodes at a very predictable ("set your clock by the beginning and end") time of the day.

Keep out of the reach and sight of children. Read the package leaflet before use



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Lactease is distributed by ClonMedica, the OTC division of Clonmel Healthcare Ltd, Waterford Road, Clonmel, Co. Tipperary.

## **SOME TIPS TO HELP YOU:**

- ✓ ***Do not overfeed! Try and stick to your baby's regular feeding schedule or timing and amount of milk taken.***
- ✓ ***Avoid foods that you think may irritate your baby.***
- ✓ ***Some babies seem to be soothed by rhythmic, steady movements, like rocking gently or by sounds, such as having the clothes drier within earshot. (Never leave a baby unattended).***
- ✓ ***Wrap the baby in a comfortable blanket.***
- ✓ ***Try and gently burp your baby often.***
- ✓ ***Gently rub your baby's stomach.***
- ✓ ***Go for a walk with your baby in their pram or stroller – this will help you too!***
- ✓ ***Be kind to yourself as having a baby with colic can be a stressful time for you.***