

or *stricturing* disease, the proton pump inhibitor usually needs to be maintained at the minimum effective dose.

Motility stimulants, such as erythromycin p. 341 may improve gastro-oesophageal sphincter contraction and accelerate gastric emptying. Evidence for the long-term efficacy of motility stimulants in the management of gastro-oesophageal reflux in children is unconvincing.

For advice on specialised formula feeds, see Enteral feeds.

Pregnancy

If dietary and lifestyle changes fail to control gastro-oesophageal reflux disease in pregnancy, an antacid or an alginate can be used. If this is ineffective, ranitidine p. 56 can be tried. Omeprazole p. 60 is reserved for women with severe or complicated reflux disease.

Other drugs used for Gastro-oesophageal reflux disease

Esomeprazole, p. 58 · Lansoprazole, p. 59

ANTACIDS > ALGINATE

Sodium alginate with calcium carbonate and sodium bicarbonate

The properties listed below are those particular to the combination only. For the properties of the components please consider, alginate acid p. 52, sodium bicarbonate p. 607, calcium carbonate p. 613.

• INDICATIONS AND DOSE

Mild symptoms of gastro-oesophageal reflux disease

► BY MOUTH

- Child 6–11 years: 5–10 mL, to be taken after meals and at bedtime
- Child 12–17 years: 10–20 mL, to be taken after meals and at bedtime

- **INTERACTIONS** → Appendix 1: calcium salts · sodium bicarbonate

- **PRESCRIBING AND DISPENSING INFORMATION** Flavours of oral liquid formulations may include aniseed or peppermint.

• PATIENT AND CARER ADVICE

Medicines for Children leaflet: Gaviscon for gastro-oesophageal reflux disease www.medicinesforchildren.org.uk/gaviscon-gastro-oesophageal-reflux-disease

- **MEDICINAL FORMS** There can be variation in the licensing of different medicines containing the same drug.

Oral suspension

ELECTROLYTES: May contain Sodium

► Acidex (Pinewood Healthcare)

Calcium carbonate 16 mg per 1 ml, Sodium bicarbonate 26.7 mg per 1 ml, Sodium alginate 50 mg per 1 ml | Acidex oral suspension aniseed sugar-free | 500 ml [GSL] £2.56 DT = £1.95

Acidex oral suspension peppermint sugar-free | 150 ml [GSL] £1.21 DT = £2.58 sugar-free | 500 ml [GSL] £2.56 DT = £1.95

► Entrocalm Heartburn and Indigestion Relief (Galpharm International Ltd)

Calcium carbonate 16 mg per 1 ml, Sodium bicarbonate 26.7 mg per 1 ml, Sodium alginate 50 mg per 1 ml | Entrocalm Heartburn and Indigestion Relief oral suspension sugar-free | 150 ml [GSL] DT = £2.58

► Gaviscon (Reckitt Benckiser Healthcare (UK) Ltd)

Calcium carbonate 16 mg per 1 ml, Sodium bicarbonate 26.7 mg per 1 ml, Sodium alginate 50 mg per 1 ml | Gaviscon Original Aniseed Relief sugar-free | 150 ml [GSL] £2.58 DT = £2.58 sugar-free | 300 ml [GSL] £4.33 DT = £4.33 sugar-free | 600 ml [GSL] £7.11 DT = £7.11

► Gaviscon Liquid Relief (Reckitt Benckiser Healthcare (UK) Ltd)

Calcium carbonate 16 mg per 1 ml, Sodium bicarbonate 26.7 mg per 1 ml, Sodium alginate 50 mg per 1 ml | Gaviscon Peppermint Liquid Relief sugar-free | 150 ml [GSL] £2.58 DT = £2.58 sugar-free | 300 ml [GSL] £4.33 DT = £4.33 sugar-free | 600 ml [GSL] £7.11 DT = £7.11

► Peptac (Teva UK Ltd)

Calcium carbonate 16 mg per 1 ml, Sodium bicarbonate 26.7 mg per 1 ml, Sodium alginate 50 mg per 1 ml | Peptac liquid peppermint sugar-free | 500 ml [GSL] £1.95 DT = £1.95

Peptac liquid aniseed sugar-free | 500 ml [GSL] £1.95 DT = £1.95

► Rennie (Bayer Plc)

Calcium carbonate 16 mg per 1 ml, Sodium bicarbonate 26.7 mg per 1 ml, Sodium alginate 50 mg per 1 ml | Rennie Liquid Heartburn Relief oral suspension sugar-free | 150 ml [GSL] £2.52 DT = £2.58 sugar-free | 250 ml [GSL] £3.47

4.4 Helicobacter pylori diagnosis

DIAGNOSTIC AGENTS

Urea (13C)

• INDICATIONS AND DOSE

Diagnosis of gastro-duodenal Helicobacter pylori infection

► BY MOUTH

- Child: (consult product literature)

- **MEDICINAL FORMS** There can be variation in the licensing of different medicines containing the same drug.

Soluble tablet

► Pylobactell (Torbet Laboratories Ltd)

Urea [13-C] 100 mg | Pylobactell breath test kit | 1 kit [PoM] £20.75 DT = £20.75

Powder

► Helicobacter Test INFAI (INFAI UK Ltd)

Urea [13-C] 45 mg | Helicobacter Test INFAI for children breath test kit sugar-free | 1 kit [PoM] £19.10 DT = £19.10

Urea [13-C] 75 mg | Helicobacter Test INFAI breath test kit sugar-free | 1 kit [PoM] £21.70 DT = £21.70

Tablet

► Diabact UBT (HFA Healthcare Products Ltd)

Urea [13-C] 50 mg | diabact UBT 50mg tablets | 1 tablet [PoM] £21.25 DT = £21.25

5 Food allergy

Food allergy

15-Dec-2016

Description of condition

Food allergy is an adverse immune response to a food, commonly associated with cutaneous and gastro-intestinal reactions, and less frequently associated with respiratory reactions and anaphylaxis. It is distinct from food intolerance which is non-immunological. Cow's milk, hen's eggs, soy, wheat, peanuts, tree nuts, fish, and shellfish are the most common allergens. Cross-reactivity between similar foods can occur (e.g. allergy to other mammalian milk in patients with cow's milk allergy).

Management of food allergy

EvG Allergy caused by specific foods should be managed by strict avoidance of the causal food. Sodium cromoglicate p. 169 is licensed as an adjunct to dietary avoidance in children with food allergy. Educating the child or their carer about appropriate nutrition, food preparation, and the risks of accidental exposure is recommended, such as food and drinks to avoid, ensuring adequate nutritional intake, and interpreting food labels. For children in whom elimination diets might affect growth, a consultation with a nutritionist is recommended to identify alternative dietary sources. **⚠**

Drug treatment

EvG There is low quality evidence to support the use of antihistamines to treat acute, **non-life-threatening**