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## When Babies Spit Up, Don't Panic

Some babies spit up more than others, but it doesn't necessarily mean they have a problem.

A baby's stomach is small and can tolerate only small amounts of food. As a baby grows, so does his or her stomach and spitting up become less common. Also, the esophageal sphincter -- the flap that keeps stomach contents from coming back up -- is not fully functional in babies.

"Babies typically outgrow spitting up by 6 months. This is when the stomach muscles and the flap that keeps food in the stomach matures. Also, when babies start eating more solid foods and sitting up, spit-up becomes less frequent.

"There are medications to help reduce the discomfort of frequent spitting up, but they usually do not help with how often the child is spitting up. Your pediatrician can help decide if the medication is right for your child.



You can reduce spitting up by: burping your baby after every 1 to 2 ounces or 5 to 10 minutes of feeding; holding your baby upright for several minutes after feeding; and by putting the baby in a car seat or swing for 30 minutes after feeding.

While normal, spitting up can be a warning sign of a bigger problem. Such as poor weight gain, vomiting bile or blood, crying constantly, inconsolable, lethargic and may have decreased urine production or projectile vomiting.

SOURCE: Loyola University, news release, Feb. 13, 2015