

REFLUX QUESTIONNAIRE

Aerophagia (Air Intake) Symptoms During Feeds

- Frequent Feeds (> 8 feeds a day)
- Short Feeds (<5 min) OR long feeds (30+) minutes
- Falls asleep during a feed _____
- Often refuses to feed _____
- Guls when feeding _____
- Gulps while feeding _____
- Milk bubbles at the side of mouth or spills out
- Claws own face, or moms, at breast and or lashes out or swats to hit
- Mom has flat, cracked, painful, bleeding nipples
- Possetting (brings milk up and swallows again)
- When and where were you happiest? _____
- What would you change about yourself? _____
- White tongue (ie coated with milk) _____
- Feeds best when partially asleep _____
- Bobs on/off breast or bottle during feeds _____
- Can hear milk sloshing in baby's tummy _____
- Baby has high arched palate _____
- Baby has strong gag reflex _____
- Weak suck _____
- Sputters, coughs, gags or chokes during a feed
- Makes clicking sound while feeding _____

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Aerophagia (Air Intake) Symptoms After Feeds

- Projectile or frequent vomiting
- Vomiting worse in the mornings
- Chokes or blue spells (skin turns blue) _____
- Brings up food after several hours _____
- Squirms around or grunts _____
- Seems to be swallowing constantly _____
- Green/yellow vomit _____
- Bloated or swollen belly _____
- Slow or poor weight gain _____
- Calluses or blisters on lips _____
- Milk comes back up through the nose _____
- Appears to be in pain, gassy, etc. _____
- Spits up frequently _____
- Pulls knees up (frequently) _____
- Snoring, noisy breathing or mouth breathing
- Mom- engorgement/mastitis/plugged ducts
- Difficulty burping _____
- Hard, rumbly tummy _____
- Tender tummy _____
- Lots of painful gas _____

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Behavioral Symptoms

- Frequent Hitting or Biting
- Moodswings and lots of variation in emotions
- Frequent anger or frustration
- Cries a lot, especially around feeding time _____

Physical Symptoms

- Arching or stretcing a lot during feed, or immediately after a feed
- Throws self back very suddenly
- Difficulty burping _____
- Gassy _____
- Spits up after feed - fresh or curdled _____
- Excessive crying _____
- Torticollis (curved spine &/or tight neck) _____
- Cleft lip or palate
- Enlarged adenoids or tonsils _____
- Baby pushes away from you during feed _____
- Pulls up knees (frequently)
- Scrunches face (frequently)
- Sleeps with head in an extended angle (90 degrees) _____
- Cannot open mouth very wide for prolonged period
- Bulging fontanelle, rapidly increachign head circumference >1cm/week, palpable mass on stomach
- Turns head away during feeds

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Digestive Symptoms

- Spits up after feed - fresh or curdled
- Excessive crying
- Difficulty burping _____
- Acidic or smelly breath _____
- Rumbly hard tummy _____
- Tender tummy _____
- Bloating or swollen belly _____
- Diarrhea (no fever) _____
- Constipation _____
- Dark circles under the eyes _____
- Pulls knees up (frequently) _____
- Blood, green, black poo _____
- Mucous in poo _____
- Projectile or frequent vomiting _____
- Coughing or congestion of nose, throat
- Lots of painful gas/wind
- Eczema or psoriasis _____
- Hives or itchiness on skin _____
- Reaction to food, within 2 hours _____
- Rhinitis (runny nose, stuffy or sneezing) _____
- Milk comes back up through the nose _____

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Respiratory Symptoms

- Coughing
- Stuffy or blocked nose
- Runny nose _____
- Difficulty breathing (any time of day or night)
- Skin/Face turns blue
- Cold-like symptoms
- Acidic/smelly breath _____
- Sneezing / wheezing _____
- Slep apnea (stops breathing during sleep) _____
- Asthma, especially under 6 months _____
- Respiratory Infections _____
- Hiccups

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Sleep Habits

- Takes short naps (less than 30 minutes) + wakes up crying/upset
- Wakes up frequently (ie every 1-2 hours)
- Has long periods of wakefulness at night (ie eyes open more than 30 minutes)
- Snoring
- Sleeps with mouth open
- Wakes soon after being put down
- Seems overtired and cranky (a lot of the time) _____
- Sleeps with head in extended angle (90 degrees) _____
- Does not nap _____
- wakes up very early in the morning _____
- Sleep apnea _____
- Mostly sleeps upright (after 12 weeks of age) in someone's arms/on shoulder
- Seems uncomfortable while sleeping
- Cries when placed on back to sleep
- Needs motion to sleep (car, bouncer, stroller, carrier)

Side Effects from Medication

- | | | |
|--|--------------------------------------|---|
| <input type="radio"/> Constipation | <input type="radio"/> Bloating | <input type="radio"/> Vomiting |
| <input type="radio"/> Diarrhea | <input type="radio"/> Flatulence | <input type="radio"/> Vitamin Deficiency |
| <input type="radio"/> Intestinal Obstruction | <input type="radio"/> Skin Reactions | <input type="radio"/> Mineral Deficiency |
| <input type="radio"/> Dizziness | <input type="radio"/> Nausea | <input type="radio"/> Abdominal Blockage |
| <input type="radio"/> Headaches | <input type="radio"/> Insomnia | <input type="radio"/> Discomfort for baby |