Waikato District Health Board	Type: **Drug Guideline**	Document reference: **2922**	Manual Classification: **Waikato DHB Drug Guidelines**	
Title: **Alginate (Gaviscon) for Neonates**			Effective date: **19 April 2021**	
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BRIEF ADMINISTRATION GUIDE

For detailed information refer to Starship guideline **Gastro-Oeosophageal Reflux**

Indications:
- gastro-oesophageal reflux
- gastric regurgitation
- hiatus hernia

Note: Not to be used where excessive water loss likely (e.g. fever, diarrhoea, vomiting, high room temperature), or if intestinal obstruction. Not to be used with other preparations containing thickening agents.

Route: Oral

- Supplied as Gaviscon Infant sachet (powder for oral liquid) 650 mg
  Each sachet contains sodium alginate 225 mg and magnesium alginate 87.5 mg as active ingredients. Also contains mannitol and colloidal silica.

Dose: ½ to 1 sachet mixed with feeds (or water) when required
Doses from ¼ sachet up to 2 sachets are used in exceptional circumstances after discussion with a SMO
Maximum dose in 24 hours: <4.5kg 6 sachets, >4.5kg 12 sachets

Preparation and administration

Formula fed:
- Mix each sachet in 5 mL of artificial milk. Shake well.
- For doses less than one sachet take dose/volume required e.g. half sachet is 2.5 mL
- Administer during first or second half of feed depending on the baby.

Note: Gaviscon can be mixed with entire feed volume but will increase the thickness and may interfere with normal sucking efficiency (many NICU babies have difficulty completing a bottle feed), therefore it is preferable to give separate to the bottle feed via a syringe.

EBM (breast/tube/bottle) fed:
Mix the Gaviscon dose in the volume of EBM as described in the table below, until a smooth paste is formed.

Dose	½ sachet*	1 sachet
Volume of milk	2.5 mL	5 mL

*If half a sachet is prescribed measure 0.3 g using digital scales

For tube feed babies administer towards the end of the feed. Consider 1 to 3 mL flush of sterile water or milk if there is residue in tubing.

For bottle fed babies administer either during the first or second half of feed depending on the baby.
For breast fed infants give Gaviscon part way through a feed. *Generally once a baby has had enough at the breast they will fall asleep and then won't accept the Gaviscon.*

Note: *Giving the dose immediately following feeds is the normal practice but may need to be given immediately prior to a feed if the baby is uncomfortable during feeds.*

Monitoring

- Monitor for constipation or possibly diarrhoea
- Monitor for improvement in reflux symptoms

Storage and Stability

- Mix immediately prior to administration.
- Do not keep any opened sachets or unused mixture.

Competency for administration

This procedure is carried out by the following, who hold current Waikato DHB Generic Medicine Management:

- Registered nurse/ registered midwife
- Enrolled nurse, under the direction and delegation of a registered nurse

References

- New Zealand Formulary for Children (NZFC). Alginate magnesium + alginate sodium. Accessed January 2021. Available from: https://www.nzfchildren.org.nz/nzf_9899
- Auckland DHB guideline Gastro-Oesophageal Reflux. April 2012. Available from https://www.starship.org.nz/guidelines/gastro-oeosophageal-reflux/
- Canterbury DHB Neonatal Services. Gaviscon Drug Information Sheet. March 2016. Available from https://cdhb.health.nz/wp-content/uploads/b0d52073-gaviscon.pdf
- UpToDate. Gastroesophageal reflux in premature infants. Accessed January 2021. Available from: https://www.uptodate.com/contents/gastroesophageal-reflux-in-premature-infants?search=gaviscon&topicRef=5876&source=see_link

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