

THE COLIC CONSULTATION

- 1 Parent/carer comes into pharmacy distressed about their infant's symptoms
- 2 Confirm if symptoms are suggestive of colic
- 3 Rule out other conditions or red flag symptoms – ensure there is no evidence of infant failure to thrive, fever or illness
- 4 Advise and offer parents/carers reassurance and give practical advice for soothing symptoms
- 5 Dietary changes may be considered to reduce colic symptoms (to be discussed with GP)
- 6 Provide advice on when parents/carers should see their GP or health visitor

The precise cause of colic is not fully understood,¹⁰ but some of the implicated digestive factors include:



Gut microbiota¹⁰

Gut motility^{11,12}

Lactose digestion²

Protein digestion³

