Introducing HiPP comfort milk

HiPP comfort milk is a FSMP (Food for Special Medical Purposes) suitable for the management of infant colic and constipation. It can be used from birth under medical supervision as a sole source of nutrition or as part of a varied diet from six months.

Contains a special blend of ingredients designed to ease the symptoms of colic and constipation:
- Reduced lactose – aids digestion of lactose and reduces likelihood of flatulence and intestinal discomfort
- Oligosaccharides – aids gut microflora and softens stools
- Structured vegetable fat blend – aids digestion and absorption of fat and calcium. Produces softer stools

HiPP comfort milk is a structured vegetable fat blend designed to ease the symptoms of colic and constipation.

Advise for parents2, 3

A GP or paediatrician may prescribe laxatives for disimpaction and treatment.4

If an underlying pathological cause of constipation has been ruled out, parents can be advised on the following areas as appropriate:

- Ensure a balanced diet and sufficient fluids are consumed.4
- For bottle fed babies additional fluids may be necessary provided by cooled, boiled water.5 It is vital that any water given does not displace milk in the infant’s diet.
- Lie baby down and gently move their legs like they are riding a bicycle. This can help to get things moving.
- Infants presenting with symptoms of constipation may benefit from a special formula such as HiPP comfort3, 5

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References:

Bristol Stool Chart

The Bristol Stool Form Chart is a valuable visual guide to use with parents in the diagnosis of constipation. Early identification of constipation and effective treatment can improve outcomes.

- Type 1: Separate hard lumps. Very constipated
- Type 2: Lumpy and sausage like. Slightly constipated
- Type 3: A sausage shape with cracks in the surface. Normal
- Type 4: Like a smooth, soft sausage or snake. Normal
- Type 5: Soft blobs with clear-cut edges. Lacking fibre
- Type 6: Mushy consistency with ragged edges. Inflammation
- Type 7: Liquid consistency with no solid pieces. Inflammation

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Advice for parents1, 2

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- For bottle fed babies additional fluids may be necessary provided by cooled, boiled water. It is vital that any water given does not displace milk in the infant’s diet.
- Lie baby down and gently move their legs like they are riding a bicycle. This can help to get things moving.
- Infants presenting with symptoms of constipation may benefit from a special formula such as HiPP comfort.

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For healthcare professionals use only.

WE'RE BIG on comfort

For the dietary management of colic and constipation.

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Comfort formulas – clinical findings

- 75% of infants with colic demonstrated a reduction in frequency of symptoms.
- Significant decrease in colic episodes after one week, and significantly fewer crying episodes by 2 weeks.
- Higher proportion of breast milk in the infant’s gut.
- Softer stools and an increase in stool frequency.

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For the dietary management of colic and constipation.
HiPP comfort milk is a gentle nutritionally complete milk. Since symptoms of colic may sug.2. A baby who has colic may appear to be...4.  The underlying cause of infantile crying in a baby that otherwise appears to be healthy and thriving.1. What causes colic?...1. What is colic? Management optionsNICE & NHS advice...2. Diagnosing and symptoms...3. NICE & NHS advice...1. Advice for parents...4. Advice for bottle-feeding parents...5. Advice for breastfeeding mothers...6. Advice for parents...

**Diagnosis and symptoms**

The latest guidelines (ICRF 2011) define colic as episodic of crying or fussing/ discomfort without an obvious cause lasting 3 or more hours/day and occurring at least 3 days/week for at least 1 week.

**Symptoms of colic**

- Intense crying bouts
- Fluctuating crying or fussing
- Crying in the late afternoon or evening for several hours
- Red or flushed face when they cry
- Clenching fists, drawing knees to their tummy or arching their backs when crying

**Advice for parents**

- Relieve parents their baby is well and that the crying is nothing wrong. Baby is not rejecting them and colic is a normal phase which will pass.
- Hold the baby during a crying episode.
- Try gentle motion – pushing in a pram, rocking in a crib or over parents shoulder.
- Avoid over stimulating the baby.
- Try ‘white noise’ – vacuum cleaner, hairdryer or running water.
- Bathe the baby in a warm bath.
- Reassure parents their baby is well.

**Advice for bottle-feeding parents**

- Powdering baby from swallowing air when feeding by sitting or holding them upright.
- Burping baby after feeds with a bulb.
- Use a fast-flow teat to minimise air swallowing.
- Preventing baby from swallowing air when feeding by sitting or holding them upright.

**Advice for breastfeeding mothers**

- Reducing caffeine intake, spicy food and alcohol.
- Bathe the baby in a warm bath.
- Reassure parents their baby is well.

What causes colic?
The underlying cause of infantile colic is unknown. Theories suggest...1. What causes colic?...1. What is colic? Management optionsNICE & NHS advice...2. Diagnosing and symptoms...3. NICE & NHS advice...1. Advice for parents...4. Advice for bottle-feeding parents...5. Advice for breastfeeding mothers...6. Advice for parents...

**What is constipation?**

Constipation is associated with inappetence and/or painful defecation. It is prevalent in around 5-30% of the child population, depending on the criteria used for diagnosis.4. It is prevalent in around 5-30% of the child population, depending on the criteria used for diagnosis.4. The cause is not fully understood but factors may include fever, dehydration and food intake changes in the infant’s diet, psychological issues, pain, toilet training, medicines and family history of constipation.8. The cause is not fully understood but factors may include fever, dehydration and food intake changes in the infant’s diet, psychological issues, pain, toilet training, medicines and family history of constipation.8.