

SPIT UP: WHEN TO WORRY?

Spitting up is common in healthy babies and happens to about half of all babies within the first 3 months.

Normally, the muscle between the esophagus and the stomach keeps stomach contents down. Until this muscle matures, spitting up might be an issue — especially if your baby has just been fed.

When is it more than just spit up?

- Isn't gaining weight
- Spits up forcefully
- Spits up green or yellow fluid
- Spits up blood or a material that looks like coffee grounds
- Refuses feedings repeatedly
- Has blood in his or her stool
- Has difficulty breathing or other signs of illness
- Begins spitting up at age 6 months or older
- Cries for more than three hours a day and is more irritable than normal
- Has fewer wet diapers than usual

