Colic Treatment

Self-Care at Home

There are no sure-fire treatments, but you may try the following:

- Use a pacifier.
- Gently rock the infant using a rocking chair or lap.
- Softly massage the infant's abdomen or back.
- Play relaxing music (even if it works just for the parent!).

Medical Treatment

Treatment often entails reassurance by the doctor. The doctor also may recommend these treatments:

- Simethicone drops (Maalox, Gas-X, Mylanta, Phazyme) may relieve gas.
- Ensure a quiet, nonstimulating environment when colic begins.
- Change the baby's diet and feeding techniques. Breastfed babies may benefit if the mother avoids dairy products, especially if prone to allergies, or resort to a hypoallergenic diet. Other suggestions include eliminating spicy foods, raw vegetables, and caffeine.
- Try an alternative to milk-based formulas. Recent studies suggest that switching from milk-based formulas may lessen the incidence of colic.
  - Whey-based formulas, such as Carnation Good Start, contain already broken-down proteins that may be more easily digestible.
  - Soy-based formulas, such as Isomil and Enfamil ProSobee, may decrease the duration of colic symptoms.
  - Hypoallergenic formulas, such as Enfamil Nutramigen and Alimentum, are thought to reduce colic symptoms in bottle-fed babies. They are more expensive than other formulas.
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