

(Nutramigen, Alimentum, Pregestimil), whey hydrolysate, or amino acid (Neocate, EleCare) formula is warranted. Soy formulas are usually avoided because of the possibility of sensitivity to soy protein as well ([Drug and Therapeutics Bulletin, 2013](#)). Oral administration of *Lactobacillus reuteri* to colicky breastfed infants decreased crying symptoms within 21 days of initiation ([Savino, Cordisco, Tarasco, et al, 2010](#); [Szajewska, Gyrczuk, and Horvath, 2013](#)). When no specific inciting agent can be found, the supportive measures discussed in the Nursing Care Management section are used.

The use of drugs, including sedatives, antispasmodics, antihistamines, and antiflatulents, is sometimes recommended. Simethicone (Mylicon) may also help allay the symptoms of colic. However, in most controlled studies, none of these drugs completely reduced the symptoms of colic. Behavioral interventions have not proved effective at reducing the symptoms of colic but have helped parents deal with their crying infants in a more positive manner. The addition of lactase to infant formula has produced mixed results as far as abatement of overall symptoms.

An extensive review of a wide variety of interventions for colic indicates no specific safe remedies are available to alleviate symptoms of colic in every infant. Dietary changes including the elimination of cow's milk protein in the infant's diet may be effective with the infant's crying, yet these interventions are perceived only as moderately effective ([Drug and Therapeutics Bulletin, 2013](#)). A recent position statement by the Canadian Paediatric Society, Nutrition and Gastroenterology Committee concluded that dietary modifications are beneficial in some cases but not all ([Critch, 2011](#)); the use of lactate, probiotics, or prebiotics independently to decrease symptoms of colic had insufficient evidence to support their use. The use of complementary medicines for infantile colic, namely fennel extract, herbal tea, and sugar solutions, reportedly lack sufficient evidence to recommend their use ([Perry, Hunt, and Ernst, 2011](#)).

Nursing Care Management

The initial step in managing colic is to take a thorough, detailed history of the usual daily events. Areas that should be stressed include (1) the infant's diet; (2) the diet of the breastfeeding mother;