

Sometimes More is Not More:
Does Every Patient Need Famotidine?

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FINANCIAL DISCLOSURES

- None

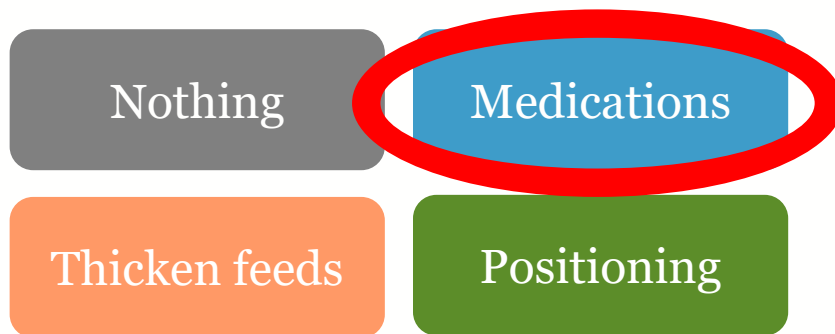
You walk into a patient's room...



And the nurse tells you, “he’s reflux-y”

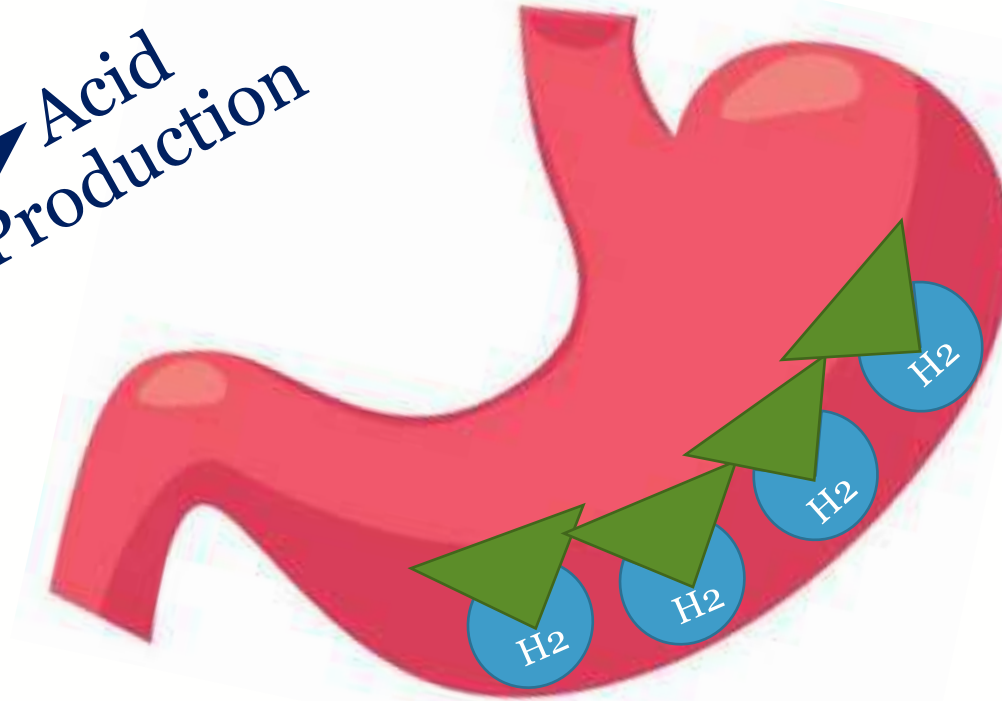
GASTROESOPHAGEAL REFLUX (GERD)

- 50-70% within 4 months of life
- > in Congenital Heart Disease (CHD)
- Treatment:



FAMOTIDINE (PEPCID)

↓ Acid
Production



IN ACTUALITY...



CARDIOLOGY
2024

Do H2 antagonists decrease reflux in infants with GERD?

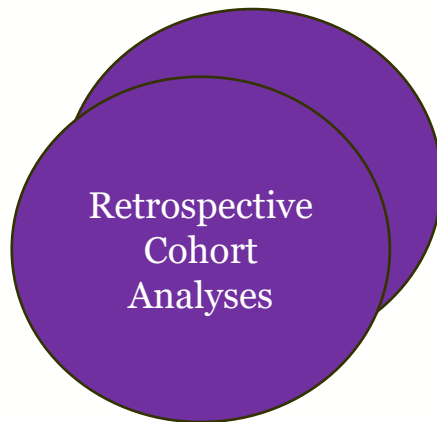
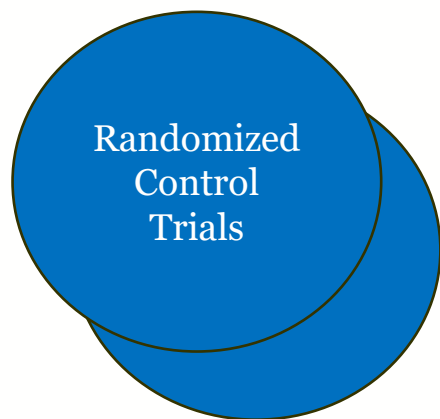
METHODS

- Qualitative Systematic Review
- < 1 year old
- Key Terms:
 - H2 antagonist
 - Infant
 - GERD

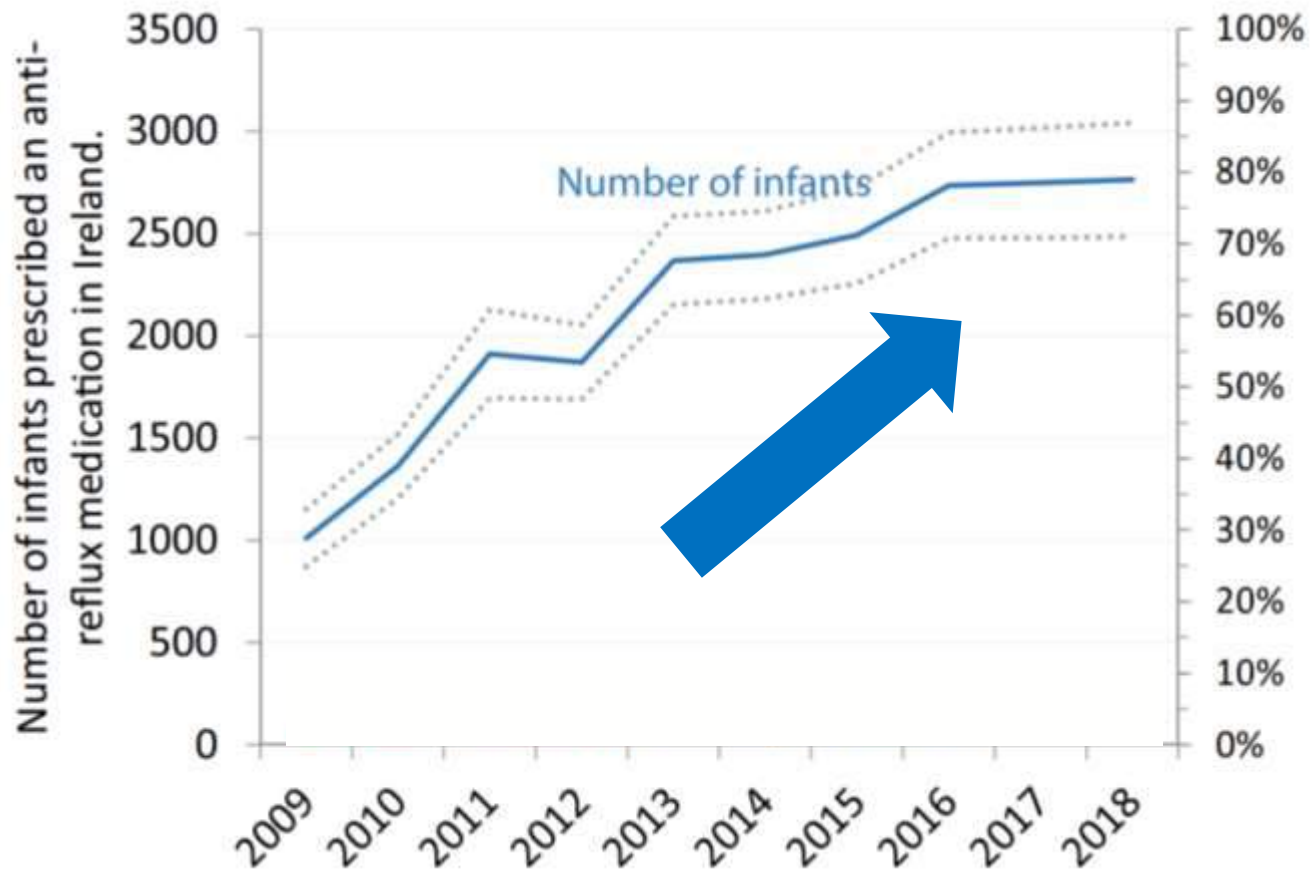


RESULTS

20 articles → 6 articles



KEY FINDINGS



No evidence that H2 antagonists improve reflux or GERD symptoms

**How should we treat
our patients with reflux?**

TREATMENT

- Small volumes
- Longer time between feeds
- Upright 20-30 min



Remember, it *does* improve with age

THE “HIGH RISK” PATIENT

- Re-consider medications
- Underlying cause
- Post-pyloric?



QUESTIONS?



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