

## **Simethicone Improves Symptoms of Infantile Colic: A Real World Evaluation from 4000 Parents.**

Goldman M, Beaumont T. *Br J Nurs.* 2017; 26(5 Suppl 1): S3-S10.

- Infantile colic (IC) is a common condition. However, there is a lack of guidelines regarding its management approach.
- Based on study data from 4000 online questionnaires, it was demonstrated that simethicone reduced crying and discomfort-associated behaviour, and improved the baby's sleeping patterns.
  - More than two-thirds (69.7%) of respondents, who either used the suspension on its own or alongside another treatment, reported improvements in signs of IC within one day.
  - Almost all (93.2%) considered its use associated with either complete resolution of IC or had some effect on symptoms.

*Simethicone offers symptomatic relief in IC, including reducing crying and discomfort, and improving sleep patterns.*