

Oral Fluid Intake Chart for Gastroenteritis



Medical Clinic Name _____ Doctor Name _____
 Child's Name _____ Date ____/____/____
 Age _____ Weight kg _____ Your child should drink _____ mls every 15 minutes

Please give your child:

- Frequent breast feeds or
- Hydralyte (iceblock or liquid)
- Diluted juice (1 part apple juice to 4 parts water) if Hydralyte / ORS is not tolerated
- Encourage your child to drink the recommended solutions in **small sips every few minutes** as this is often more successful than large amounts less often- even if the child is thirsty.
- Every 15 minutes write down how much fluid your child has taken, this information will help the Doctor to manage your child

Please tick the box if your child vomits, has diarrhoea or passes urine during that 15 minute period

Fluid requirement table	
Childs age	Volume every 15 minutes
Up to 2 years	15mls
2 - 5 years	30mls
6 - 10 years	45mls
11 - 16 years	75mls

Time	Type of fluid	Amount of fluid taken (mls)	Vomited?	Diarrhoea?	Urine?

Use only as directed and seek further medical advice if symptoms persist. Always read the label.
 Referenced Modified from Children's Hospital Westmead & Sydney Children's Hospital, January 2003
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