

Oral fluid intake chart

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

Please give your child:

- **Hydralyte™** (iceblock or liquid)
- Frequent breast feeds or diluted juice (1 part apple juice to 4 parts water) if **Hydralyte™** is not tolerated

Encourage your child to drink small sips at regular intervals – this is more effective than large amounts less often.

Every 15 minutes write down how much fluid your child has taken, this information will be useful for your doctor.

Fluid replacement table

Child's age	Volume every 15 minutes	Total volume in first 6 hours
Up to 12 months	15 mL	200–400 mL
1–3 years	25 mL	400–600 mL
3–6 years	30 mL	600–900 mL
6–12 years	50 mL	900–1500 mL
12–Adult	75 mL	1500–2000 mL

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

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

Use only as directed and seek further medical advice if symptoms persist. Always read the label.
 Reference: Paediatric Handbook 2003. 7th Edition. Blackwell Science. Chapter 24 Gastrointestinal Conditions. P 370-373.
 Download further copies from www.hydralyte.com.au

