

# Patient Information : Oral Rehydration Therapy



## Cork Emergency Medicine

[EMed.ie](http://EMed.ie)



### Your child has vomiting or diarrhoea

- Your child will be seen as soon as possible
- In the meantime, start using the cup and syringe as told by the nurse (see box below)
- Write on the sheet when you gave the fluid and how much your child takes.
- The following things may indicate dehydration (body becoming too dry)

#### 5 years or younger

- Use 5mL syringe
- Give 5mL every 5 minutes
- Write how much was given each 5 min below

#### Older than 5 years

- Use 10mL syringe
- Give 10mL every 5 minutes
- Write how much was given each 5 min below

- Looking more unwell
- Changing responsiveness (for example more grumpy, more tired)
- less Urine (not wetting nappy as much or less wee)
- pale or mottled skin, cold hands or feet

You should contact a doctor or nurse if these things develop.

Time (first hour)	Amount taken (mL)	Time (second hour)	Amount taken (mL)

If you are concerned, please contact the Emergency Department you first attended:

**Mercy University Hospital**  
 (021) 4271971

**M-UCC at SMHC (St. Mary's Health Campus)**  
 (021) 4926900

**CUH**  
 (021) 4920200

**Mallow General Hospital**  
 (022) 21251

**Bantry General Hospital**  
 (027) 52900

