



Patient Information: Oral Rehydration Therapy

Your child has vomiting and/or diarrhoea

- Your child will be seen as soon as possible
- In the meantime, start using the cup and syringe as outlined below
- Write on the sheet what time you gave the fluid and how much your child takes

The following things may indicate dehydration (body becoming too dry)

- Looking more unwell
- Changing responsiveness (for example more grumpy, more tired)
- Less Urine (not wetting nappy as much, passing urine less often, or urine a darker colour)
- Pale or mottled skin, cold hands or feet

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

Weight:	1ml/kg (_mls) every 5 minutes e.g. Weight: = <u>12</u> kg, aim for 12mL ever 5 minutes
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Time	Amount taken (mls)	Time	Amount taken (mls)

lf you are concerned, Emergency Departme		Mercy University Hospital (021) 4271971	M-UCC (St. Mary's Health Campus) (021) 4926900	CUH (021) 4920200	Local Injury Unit Mallow General Hospital (022) 58506	Local Injury Bantry Ger Hospita (027) 529	neral al
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