

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: = 12kg, aim for 12mL ever 5 minutes

Time	Amount taken (mls)	Time	Amount taken (mls)

