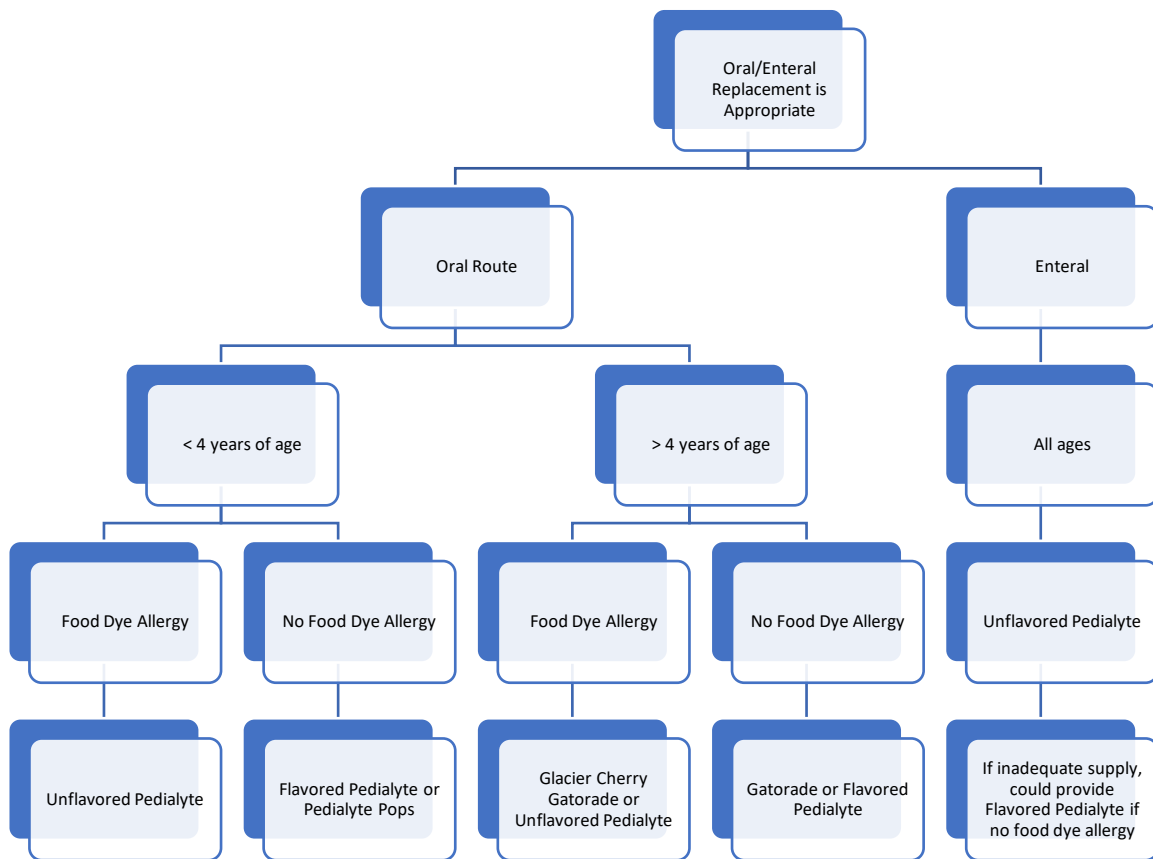


Children's Minnesota Oral/Enteral Fluid & Electrolyte Replacement Guidelines

It is recommended that oral or enteral fluid and electrolyte replacement be used over IV solutions whenever possible due to potential national shortage related to Hurricane Helene. This document is intended to provide guidance based on patient age, provisions of products, allergy considerations and preservation of products but individual patient needs should be considered.



Provisions and Product Considerations:

Pedialyte contains 25 gm dextrose (~2.5%), 45 mEq Sodium (~1/3 normal saline), 20 mEq Potassium per liter. Flavored Pedialyte contains food dyes. Unflavored Pedialyte does not contain food dyes. Pedialyte powder reconstituted with water provides equivalent provisions.

Pedialyte Pops contain 1.5 gm carbohydrate (~2.5%), 2.8 mEq Sodium (~1/3 normal saline), 1.3 mEq Potassium per pop. Pedialyte Pops contain food dyes. Frozen pops should not be used for patients <1 year of age.

Gatorade contains 64.5 gm carbohydrate (~6.5%), 17.2 mEq Sodium, 3.9 mEq Potassium per liter. Most Gatorade variations contain food dyes. Glacier Cherry flavor Gatorade does not contain food dye. Gatorade powder reconstituted with water provides equivalent provisions.

Zero Sugar Gatorade contains 1 gm carbohydrate, 20 mEq Sodium, 3.2 mEq Potassium per liter. Zero Sugar Gatorade should be reserved for patients with concerns for carbohydrate load. Most variations of Zero Sugar Gatorade contain food dyes. Zero Sugar Glacier Cherry Gatorade does not contain food dye. Propel may be used as substitute for Zero Sugar Gatorade – this contains no food dye or carbohydrate, 19.6 mEq Sodium, 3 mEq Potassium per liter.

All products subject to availability

