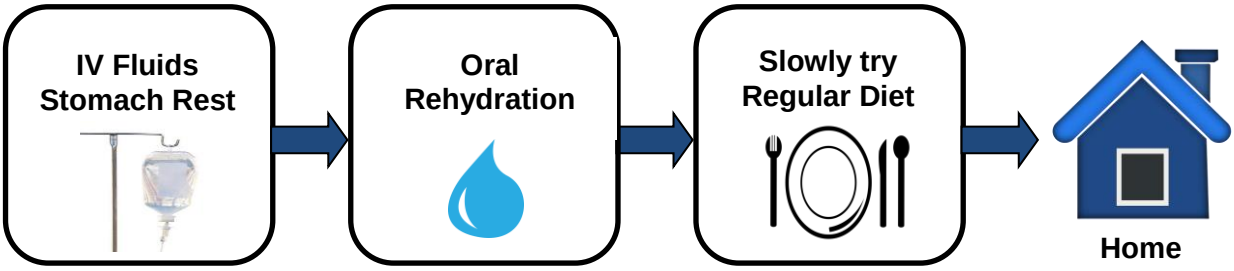
Oral Rehydration Therapy
(Less than 10 kg or 22 pounds)



What is Oral Rehydration Therapy (ORT)?

Your child has been diagnosed with gastroenteritis or "stomach flu". It is a viral infection that causes vomiting, diarrhea and in some cases dehydration. To help your child start oral fluids again, you will give your child small amounts of fluid every few minutes. This is called Oral Rehydration Therapy.

The fluid you will use is **Pedialyte®.** This fluid has the right amounts of salt and sugar, which help the intestines reabsorb (take in) water. If your child won't take Pedialyte®, we may try a mix of half water and half apple juice.

Giving oral rehydration takes about **1 hour.** Your nurse will tell you when you can start oral rehydration. This is usually given after at least 4 hours of IV fluids and stomach rest, or during the day if your child is hospitalized at night.

Although your child may want more, it is important to **give only the recommended amount.** This gives the stomach time to absorb the fluid and helps prevent vomiting.

Your child may refuse the liquids at first, but this usually gets better after a few feeds.

Let your nurse know if your child:

- Refuses the feeds
- Vomits
- Has large amounts of diarrhea

What will you need?

- A medicine cup or syringe for measuring small amounts of fluid
- A clock or device to track time
- The "Feeding Log" on these instructions
- A pen or pencil

Oral Rehydration Therapy Feeding Log

Time Try to space *every 5 minutes* (Write in the actual time you give the feeding)	**Fluid amount (ml)** (Cross out the amount when given)	**Vomiting?** (Circle yes or no)
Example: 8:15 a.m.	~~**5 ml**~~	**Yes/No**
	5 ml	Yes/No
	5 ml	Yes/No
	5 ml	Yes/No
	5 ml	Yes/No
Check with your child's nurse before increasing the feeding amount		
	10 ml	Yes/No
	10 ml	Yes/No
	10 ml	Yes/No
	10 ml	Yes/No
	10 ml	Yes/No
	10 ml	Yes/No
	10 ml	Yes/No
	10 ml	Yes/No
Check with your child's nurse when complete		