

Treatment Plans for Dehydration

ORT does NOT stop vomiting or diarrhea,
but helps prevent dehydration.

Good Examples of ORT

Pedialyte	Rehydralyte
Ricelyte	Resol
Gerber or	
Kaolectrolyte	
Powders	



Poor Examples of ORT

Not adequate for
Re-hydration

Sodas (Fizzy or Flat)
Sports Drinks
Fruit Juices



PLAN A No Dehydration

- Feed your child normally.
- If possible, try giving extra fluids for each bout of diarrhea. Use ORT* for infants.
- ORT* is also appropriate for older children, but they may not take it due to its salty taste. You may substitute water and salty foods such as pretzels or saltines.

PLAN B Some Dehydration

- If your child is younger than a year old, please call the Doctor-

IF VOMITING:

Start slowly.

For a child under 20 pounds, aim for 2 ounces of ORT every hour.

For a child over 20 pounds, try 3 ounces of ORT every hour.

For a Child weighing Less than 20 lbs
Give 1-2 oz of ORT each hour

For a Child weighing More than 20 lbs
Give 3 oz of ORT each hour

If your child vomits, it is appropriate to wait 10 to 15 minutes before giving more fluid. If your child will not take ORT, try giving him/her less, 1 to 2 teaspoons every 2 to 3 minutes.

After 4-6 hours, check how your child is doing and choose the suitable treatment plan. If your child's vomiting is improving, increase the fluids to 1 to 2 ounces per feeding. You may need to go more slowly if the increased amount makes your child vomit. Breastfeeding can continue as tolerated. When your child's appetite returns, you may feed them. If your child has failed to tolerate therapy after 4-6 hours, please call your pediatrician's office.

IF NOT VOMITING: You can give unlimited amounts of ORT. If your child resists ORT, try giving 1 to 2 teaspoons at a time by dropper or teaspoon every 2 to 3 minutes. Breastfeeding can continue as tolerated. Feed your child once their appetite returns.

PLAN C Severe Dehydration

Severe Dehydration

Please call your
pediatrician's office
immediately.



* ORT is not effective if mixed with other beverages.

Assessing Dehydration

WHAT IS ORT? -- ORT, or Oral Re-hydration Therapy, is a commercially available product that contains just the right amount of salts and sugars to help avoid dehydration. Some include: *Pedialyte, Rehydralyte, RiceLyte, Resol and Gerber or Kaolectrolyte powders.*

Determine your child’s degree of dehydration and follow the treatment plans on the opposite side of this page

SYMPTOMS	NO DEHYDRATION	SOME DEHYDRATION	SEVERE DEHYDRATION
Check Diarrhea - number of loose stools per day	Less than 4	From 4 to 10	More than 10
Vomiting	Less than 4 hours	Less than 8 hours	Over 8 hours
Thirst	Normal	Greater than Normal	Unable to Drink
Urine Output	Normal	Small Amount	No Urine for 8 Hours
Tears	Present	Decreased	Absent
Mouth and Tongue	Wet	Slightly Dry -- (Some Saliva)	Very Dry -- (No Saliva)
General Condition	Alert, Near Normal Activity	Unwell, Fussy or Sleepy	Very Sleepy, Very Fussy
ASSESSMENT:	2 or More of the Above Symptoms	2 or More of the Above Symptoms	2 or More of the Above Symptoms
DECISION:	NO SIGNS OF DEHYDRATION USE PLAN A	SOME DEHYDRATION USE PLAN B	SEVERE DEHYDRATION USE PLAN C

***If your child is younger than a year old, please call your pediatrician.
Always check with your pediatrician with any questions or concerns as the need arises.***

Assessing and treating potential dehydration is not a simple process. This guide has been established solely as an additional resource for parents to utilize as they deal with the potential symptoms of gastroenteritis and dehydration at home. These guidelines do not constitute medical advice and do not replace the need to seek the independent medical judgment of your physician in each specific case. These guidelines are current as of the date that they are printed but are subject to change as new information regarding potential dehydration is developed.