Oral Fluid Intake Chart

Medical Clinic Name

less often



NameDoctor N	Doctor Name								
AgeWeight (kg)									
Your child should drink mL every 15 minutes OR 1 Hydralyte iceblock (62.5 mL) every_ minutes Dosing for fluid replacement can be calculated by the following: 0.5 ml/kg every 5 minutes.*									
Please give your child:	Recommended dosing for fluid replacement for								
· Hydralyte® (ice block or liquid)									
Frequent breast feeds or diluted juice (1 part apple	Age in Years	Recommended	Max. dosage						
juice to 4 part water) if Hydralyte® is not tolerated.	Under 12 Months	15 mL every 15 mins	1000mL						
Encourage your child to drink small sips at regular	1.2								

Every 15 minutes write down how much fluid your child has taken, this information will be useful for your doctor.

intervals - this is more effective than large amounts

Recommended dosing for fluid replacement				
Age in Years	Recommended	Max. dosage		
Under 12 Months	15 mL every 15 mins	1000mL		
1-3 years	15 mL every 15 mins	1400mL		
3-6 years	25 mL every 15 mins	2000mL		
6-12 years	50 mL every 15 mins	2600mL		
12-Adults	100 mL every 15 mins	4000mL		

Please tick the relevant column if your child vomits, has diarrhoea or passes urine during that 15 minute period					
Time	Type of fluid	Amount of fluid taken (mL)	Vomited?	Diarrhoea?	Urine?
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