Oral Fluid Intake Chart



Medical Clinic Name		Date	/ /	
Child's Name	Doctor Name			
Age Weight (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:

- Hydralyte® (ice block or liquid)
- Frequent breast feeds or diluted juice (1 part apple juice to 4 part water) if Hydralyte® is not tolerated.

Encourage your child to drink small sips at regular intervals - this is more effective than large amounts less often.

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

dehydration due to vomiting and djarrhoea

Age in Years	Recommended Dosage	Max. dosage per day
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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For more information on Hydralyte, call 1800 788 870 or visit hydralyte.com.au

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ALWAYS READ THE LABEL. FOLLOW THE DIRECTIONS FOR USE. IF SYMPTOMS PERSIST, TALK TO YOUR HEALTH PROFESSIONAL.

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