

## GP Fluid Challenge Guidelines

The table below gives the normal maintenance fluid volumes based on weight for mild to moderately dehydrated children. For the first 10kg of weight- 4ml/kg/hour; for the second 10kg – 2ml/kg/hr, for all remaining kg – 1ml/kg/hr. Aim for 75-100% of the fluid volumes listed below per hour when awake, given gradually over the hour via syringe. Fluid should be clear, ideally oral rehydration solutions eg dioralyte. If the child is breast-fed continue breastfeeding. Seek review if the patient

- z Is not taking fluids
- z Is not keeping fluids down
- z Is becoming more unwell
- z Has reduced urine output

If the assessment shows “Red” features refer patient to Paediatric Assessment Unit.

Child's weight in kg	Maintenance fluid volume – ml per hour
2	8
3	12
4	16
5	20
6	24
7	28
8	32
9	36
10	40
11	42
12	44
13	46
14	48
15	50
16	52
17	54
18	56
19	58
20	60
21	61
22	62
23	62
24	64
25	65
26	66
27	67
28	68
29	69
30	70

Child's weight in kg	Maintenance fluid volume – ml per hour
31	71
32	72
33	73
34	74
35	75
36	76
37	77
38	78
39	79
40	80
41	81
42	82
43	83
44	84
45	85
46	86
47	87
48	88
49	89
50	90
51	91
52	92
53	93
54	94
55	95
56	96
57	97
58	98
59	99



# Gastroenteritis (Diarrhoea and/or Vomiting) Advice Sheet (0-5 years)

Name of Child ..... Age ..... Date / Time advice given .....

Further advice / Follow up .....

Name of Professional ..... Signature of Professional .....

## How is your child? (traffic light advice)



**Red**

**If your child:**

- becomes difficult to rouse / unresponsive
- becomes pale and floppy
- is finding it difficult to breathe
- has mottled (blotchy) skin
- has diabetes and you have been unable to access specialist advice from your PDSN

**You need urgent help**

please phone 999 or go to the nearest Hospital Emergency (A&E) Department



**Amber**

**If your child:**

- seems dehydrated: ie. dry mouth, sunken eyes, no tears, sunken fontanelle (soft spot on baby's head), drowsy or passing less urine than normal
- has blood in the stool (poo) or constant tummy pain
- has stopped drinking or breastfeeding and /or is unable to keep down
- becomes irritable or lethargic
- their breathing is rapid or deep
- is under 3 months old

**You need to contact a doctor or nurse today**

please ring your GP surgery or call NHS 111 – dial 111



**Green**

If none of the above features are present, most children with Diarrhoea and /or Vomiting can be safely managed at home.

*(However some children are more likely to become dehydrated including: children younger than 1 year old or if they had a low birth weight. In these cases or if you still have concerns about your child please contact your GP surgery or call NHS 111)*

**Self Care**

Using the advice overleaf you can provide the care your child needs at home

Most children with diarrhoea and /or vomiting get better very quickly, but some children can get worse. You need to regularly check your child and follow the advice given to you by your healthcare professional and /or as listed on this sheet.

## Some useful phone numbers (You may want to add some numbers on here too)



**GP Surgery**  
(make a note of number here)

**NHS 111**  
**dial 111**

(available 24 hrs – 7 days a week)

**Royal Cornwall Hospitals Trust**  
**01872 250000**  
Ask for Paediatric Admissions Unit if you have been given Open Door Access.

**GP Out of Hours Service: Ring your GP surgery to be connected to the out of hours service.**

For online advice: NHS Choices [www.nhs.uk](http://www.nhs.uk) (available 24 hrs – 7 days a week)

If you need language support or translation please inform the member of staff to whom you are speaking.

For more copies of this document, please email:



## Gastroenteritis (Diarrhoea and/or Vomiting) Advice Sheet (0-5 years)

### About Gastroenteritis

Severe diarrhoea and /or vomiting can lead to dehydration, which is when the body does not have enough water or the right balance of salts to carry out its normal functions. If the dehydration becomes severe it can be dangerous. Children at increased risk of dehydration include: young babies under 1 year old (and especially the under 6 months), those born at a low birth weight, those who have stopped drinking or breastfeeding during the illness and children with malnutrition or with faltering growth.

### How can I look after my child?

- Z Diarrhoea can often last between 5 – 7 days and stops within 2 weeks. Vomiting does usually not last for more than 3 days. If your child continues to be ill longer than these periods, seek advice.
- Z Continue to offer your child their usual feeds, including breast or other milk feeds.
- Z Encourage your child to drink plenty of fluids – little and often. Water is not enough and ideally Oral Rehydration Solution (ORS) is best. ORS can be purchased over the counter at large supermarkets and pharmacies and can help prevent dehydration from occurring.
- Z Your healthcare professional may recommend that you give your child a special fluid known as Oral Rehydration Solution (ORS) eg. Dioralyte. It is also used to treat children who have become dehydrated.
- Z Mixing the contents of the ORS sachet in dilute squash (not “sugar-free” squash) instead of water may improve the taste.
- Z Do not worry if your child is not interested in solid food, but offer food if hungry. It is advisable not to give fizzy drinks and/or fruit juices as they can make diarrhoea worse.
- Z If your child has other symptoms like a high temperature, neck stiffness or rash please ask for advice from a health care professional.
- Z Your child may have stomach cramps; if simple painkillers do not help please seek further advice.
- Z If your child is due routine immunisations please discuss this with your GP or practice nurse, as they may not need to be delayed.
- Z **Hand washing is the best way to stop gastroenteritis spreading.**

Based on: Diarrhoea and vomiting in children under 5, 2009 NICE clinical guideline 84 \*Reference: BNF for Children Volume 1.4.2 (Page 47)

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### After Care

Once your child is rehydrated and no longer vomiting:

- Z Reintroduce the child’s usual food.
- Z If dehydration recurs, start giving ORS again.
- Z Anti-diarrhoeal medicines (also called Antimotility drugs) should not be given to children\*.


\*Reference: BNF for Children Volume 1.4.2 (Page 47)

### Preventing the spread of Gastroenteritis (diarrhoea and / or vomiting):



**You and/or your child should wash your hands with soap (liquid if possible) in warm running water and then dry them carefully:**

- After going to the toilet
- After changing nappies
- Before touching food



**Your child should not:**

- Share his or her towels with anyone
- Go to school or any other childcare facility until 48 hours after the last episode of diarrhoea and / or vomiting
- Swim in swimming pools until 2 weeks after the diarrhoea has stopped

This guidance is written in the following context: This document was arrived at after careful consideration of the evidence available including but not exclusively NICE, SIGN, EBM data and NHS evidence, as applicable. Healthcare professionals are expected to take it fully into account when exercising their clinical judgement. The guidance does not, however, override the individual responsibility of healthcare professionals to make decisions appropriate to the circumstances of the individual patient in consultation with the patient and /or carer.