

Use in conjunction with Infants and Children Management of Acute Gastroenteritis
Clinical Practice Guideline Fourth Edition GL2014_024

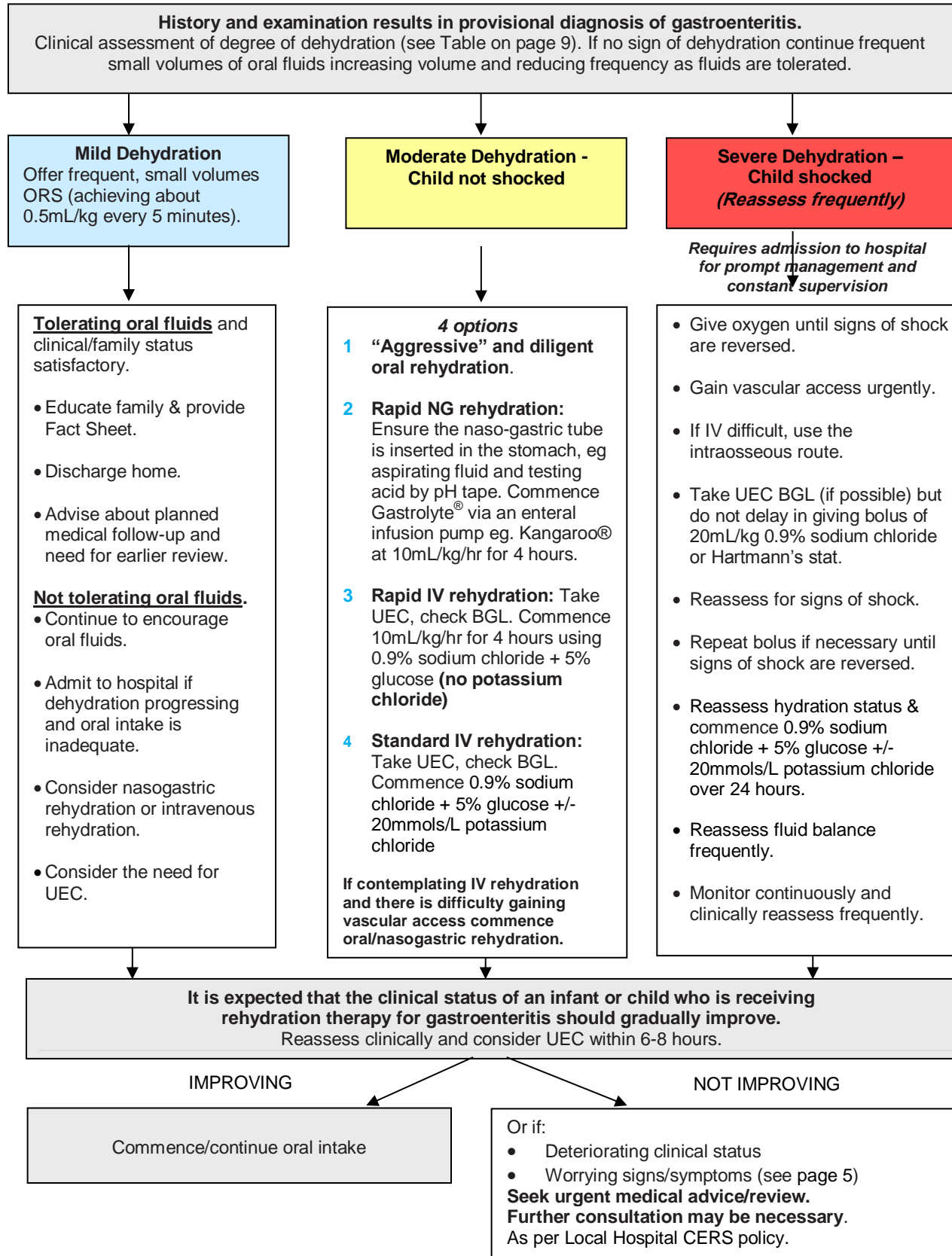


Table 1: No single symptom or clinical sign reliably predicts the degree of dehydration

Description of dehydration	Dehydration (% of Body Weight)	Signs and Symptoms	Replacement Fluid Route	Replacement Fluid Type
No Clinical Signs of Dehydration		Reduced urine output Thirst No physical signs	Oral	In order of preference <ul style="list-style-type: none"> • Frequent breastfeeds where appropriate/possible • Oral Rehydration Solution (see page 10) • 1/5 strength clear fluids i.e.: 4 parts water and 1 part juice/lemonade (if ORS refused)
Mild	3%	Reduced urine output Thirst Dry mucous membranes Mild Tachycardia	Oral	In order of preference <ul style="list-style-type: none"> • Frequent breastfeeds where possible/appropriate may be supplemented with an ORS • Oral Rehydration Solution (see page 10)
			Nasogastric	Oral Rehydration Solution e.g. Gastrolyte® (see pages 10 - 12)
			Intravenous - Rapid	0.9% sodium chloride + 5% glucose (no potassium chloride)
			Intravenous - Standard	0.9% sodium chloride + 5% glucose +/- 20mmols/L potassium chloride
Moderate	5%	Dry mucous membranes Tachycardia Abnormal respiratory pattern Lethargy Reduced skin turgor Sunken eyes	Nasogastric	Oral Rehydration Solution e.g. Gastrolyte® (see pages 10 -12)
			Intravenous - Rapid	0.9% sodium chloride + 5% glucose (no potassium chloride)
			Intravenous - Standard	0.9% sodium chloride + 5% glucose +/-20mmols/L potassium chloride
Severe	10%	Above signs Poor Perfusion - <i>Mottled, cool limbs/Slow capillary refill/Altered consciousness</i> Shock - <i>thready peripheral pulses with marked tachycardia and other signs of poor perfusion stated above</i>	Intravenous or intraosseous 20mL/kg stat and reassess fluid needs	For resuscitation use either: 0.9% sodium chloride OR Hartmann's solution Reassess the child after each bolus. Ongoing fluid replacement should be: 0.9% sodium chloride + 5% glucose +/-20mmols/L potassium chloride