

Rehydration schedule

You have been given the task of helping your child to regain their fluid balance. This is done by giving small amounts of fluid, frequently. One rehydration cycle takes 4 hours and replaces 5% of fluids lost. 5% is about the same as a mild or moderate dehydration.

Your child weighs _____kg and needs to drink _____ml every hour for 4 hours.

This is the equivalent of _____ml every 5 minutes. Mark a square every dose of fluids your child gets (every five minutes). Press the red button for assistance if your child vomits. If your child has diarrhea, make a note of when (you can use a *), but you don't need to call for assistance.

Give _____mL and mark a square every 5 minutes.

Hour														Amount
1														____mL
2														____mL
3														____mL
4														____mL

If, after the first hour, your child tolerates this rehydration schedule at the emergency department, you can continue to rehydrate your child at home.