Oral fluid intake chart

Medical Clinic Name: _____ Physician Name: _____

Child's Name: _____ Date: ____/____/____

Age: _____ Weight (lbs): _____ Your child should drink _____ fl oz every 15 minutes

Please give your child:

- **Hydralyte**™ (solution or powder)
- Frequent breast feeds

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 physician.

Please tick the relevant column if your child vomits, has diarrhea or passes urine during that 15 minute period.

Fluid replacement table

Child's age	Volume every 15 minutes	Total volume in first 6 hours
Up to 12 months	0.5 fl oz	7–14 fl oz
1–3 years	0.8 fl oz	14–20 fl oz
3–6 years	1 fl oz	20–30 fl oz
6–12 years	1.5 fl oz	30–50 fl oz
12–Adult	2.5 fl oz	50–68 fl oz

Time	Type of fluid	Amount of fluid taken (fl oz)	Vomited?	Diarrhea?	Urine?
e.g 8 am	Hydralyte	0.5	✓	×	×

Use under Medical Supervision.

Reference: Paediatric Handbook 2003. 7th Edition. Blackwell Science. Chapter 24 Gastrointestinal Conditions. P 370-373.

Hydralyte™