

Oral Fluid Challenge

This leaflet aims to answer your questions about giving an oral fluid challenge to your child. If you have any questions or concerns, please speak to a doctor or nurse caring for you.

What is an oral fluid challenge?

An oral fluid challenge is a way of getting fluids into a child to try and prevent them becoming unwell from being dehydrated.

How do I take the medicine?

You should give your child 1ml/kg of fluid every 10 minutes. If you are unsure of their weight, please give 10ml every 10 minutes. You can use a syringe, cup, spoon or bottle to give the fluid. Use whatever is easiest for you and your child.

There are some different options for the drink used during an oral fluid challenge.

- Water or dilute fruit squash.
- Dilute apple juice (diluted to half water and half apple juice). Avoid stronger, more concentrated fruit juice.
- Breast milk (please note it is fine for mums to continue breast feeding if they have diarrhoea and vomiting).
- Oral rehydration drinks can be used. Always follow the preparation instructions on the packet and ensure these are appropriate for your child's age.

You can start introducing a bland, light diet once your child seems to be getting a bit better. Start with foods such as soup, bread, rice or plain pasta.

Recording a fluid challenge

Time Given	Fluid (please tick)	Vomit/Diarrhoea

Use a table similar to the one above to record the amount of fluid drunk by your child over an hour or two. Please also mark if they have had a vomit or episode of diarrhoea in that time period. If your child then needs to be seen by a doctor, this chart will provide helpful information for them.

Is there anything else I need to know?

You should take your child to see a doctor if:

- They continue to vomit frequently despite this fluid challenge.
- Are very lethargic and sleepy.
- Are having a less than half their usual wet nappies or wees.
- Are younger than six months and vomiting numerous times.
- They have other symptoms you are worried about.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health. **Web:** www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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