

# ORAL REHYDRATION

## oral powder sachet

To treat & prevent dehydration due to diarrhoea & traveller's gastroenteritis in children & adults.

### DIARRHOEA AND ORAL REHYDRATION

Diarrhoea may be due to a number of conditions and can result in the loss of fluids and salts from the body. This can be particularly dangerous in babies and small children as they can be dehydrated very quickly. Therefore, it is important to replace the lost fluid with a balanced mix of glucose and salts in water.

Oral Rehydration contains glucose and salts to aid in preventing dehydration.

- Always empty one sachet into 200mL of fresh drinking water and stir to dissolve. When half a sachet is needed, dissolve the contents of one sachet in 200mL water and give 100mL at a time. When more than 1 sachet is needed, always reconstitute only one sachet in 200mL water at a time.
- For infants or where fresh drinking water is not available, use freshly boiled and cooled water.
- Do not boil the solution once it is made up.
- Do not add sugar, soft drinks, sweeteners or other fluids.
- Reconstituted solution may be stored in a fridge for up to 24 hours. Otherwise, unused solution should be discarded within one hour.
- If nausea and vomiting are present Oral Rehydration should be given in small quantities at first.

### WHEN TO SEEK MEDICAL ADVICE

If condition worsens, diarrhoea persists or the child has decreased urinary output, seek medical advice.

Age of Child	Seek medical advice if diarrhoea persists for more than:
Under 6 months	6 hours
Under 3 years	12 hours
3 - 6 years	24 hours
Over 6 years	48 hours

**Distributed by:**  
**Pharmacy Health**

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### DIRECTIONS FOR USE

#### Prevention of Dehydration

Age of Patient	Dosage: for prevention of dehydration
Under 6 months	½ -1 sachet every 4-6 hours
6 - 24 months	1 sachet every 3-4 hours
2 - 5 years	1-2 sachets every 3-4 hours
5 - 8 years	2 sachets every 3-4 hours
8 - 10 years	1 sachet every 1-2 hours
10 - 12 years	1-2 sachets every hour (up to 6-12 sachets in 24hrs)
Adults & children over 12 years	1-2 sachets after every loose bowel motion (up to 8-12 sachets in 24hrs)

**Diet:** Limit food if desired on day 1 but introduce normal diet gradually from day 2 whilst reducing the amount of Oral Rehydration.

#### Treatment of Dehydration Infants and children up to 10 years

Age of Patient	Dosage: for treatment of dehydration
Under 6 months	1-2 sachets over 6 hours on medical advice
6 - 24 months	2-4 sachets over 6 hours on medical advice
2 - 5 years	4-5 sachets over 6 hours on medical advice
5 - 8 years	4½-7½ sachets over 6 hours on medical advice
8 - 10 years	5-10 sachets over 6 hours on medical advice

After 6 hours, fluid replacement should be given at the same rate as for prevention of dehydration.

#### Special Instruction:

1. If breastfeeding, first give Oral Rehydration as recommended and then breastfeed until baby is satisfied.
2. If not breastfeeding, give Oral Rehydration in place of milk formula or other drinks.

#### Adults and older children

Age of Patient	Dosage: for treatment of dehydration
Child 10-12 years	1-2 sachets every hour on medical advice (up to 6-12 sachets in 24 hours)
Adults & children over 12 years	1-2 sachets after every loose motion (up to 8-12 sachets in 24 hours)

**Diet:** Limit food if desired on day 1 but introduce normal diet gradually from day 2 whilst reducing the amount of Oral Rehydration.

Store below 25°C.  
Keep in a dry place.

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