

# REHYDRATION PROTOCOL

PEDIATRIC ASSOCIATES OF JOHNS CREEK, PC 770-476-4020

If At Any Time During This Process Your Child Vomits, Return To Step One.

- 1) Give No food or drink 1 hour after vomiting or dry heaves in order for the stomach to rest.
- 2) Give your child 1 tsp. of clear liquid\*.
- 3) Give another teaspoon of clear liquids 15-20 minutes later.
- 4) Slowly increase the amount of clear liquid (2 tsp., 1 Tbsp., 1 oz., etc.) in 15 to 20 minute increments.
- 5) After 4-6 hours of ingesting clear liquids, begin to give bland solids as part of the BRAT diet (Bananas, Rice, Applesauce, & Toast). Continue the BRAT diet for 24 hours.  
\*If your child is bottle or breastfed: Give one half-strength bottle after 4-6 hours. You may try Isomil or Isomil DF if your child is bottle-fed. If your child tolerates a half-strength bottle, follow with a full strength bottle.

Watch for these signs of dehydration:

No wet diapers  
Sticky mouth  
No tears  
Listlessness or lethargy

If evident signs of dehydration persist or if your child continues to vomit and remain at step one in the hydration protocol for 6 or more hours, call or schedule an appointment with his or her physician.

Rules to Remember:

- ✓ Children at least 1 year of age who are vomiting or have diarrhea should avoid milk and dairy products for at least 24 hours.
- ✓ Children at least 1 year of age may try Lactinex granules or a probiotic 2 times a day for diarrhea.
- ✓ If your child is at least 1 year of age, he/she should void at least twice a day or have a minimum of 2 wet diapers a day.
- ✓ If your child is younger than 1 year, he/she should have minimum of 3 wet diapers a day.

\*Clear liquids:

Pedialyte, Pedialyte Popsicles, Jell-O,  
Half Strength White Grape Juice,  
Half- Strength Gatorade