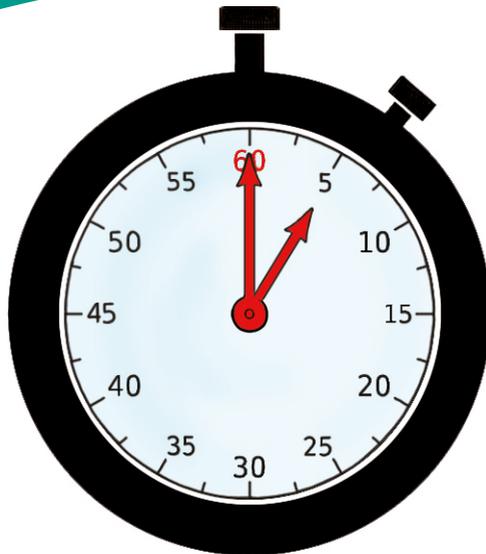


A Fluid Challenge and why it is important for your child

Information for parents



Leeds children's
hospital

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What is a Fluid Challenge?

A fluid challenge is a way of testing to see if a child can tolerate fluids by mouth. Oral fluids are the best way to replace and rehydrate children who have diarrhoea and vomiting, or are not drinking for other reasons. The guidelines recommend that 1 ml per kg of your child's weight, every 5 minutes, will hydrate your child adequately if tolerated.

Why is it important?

If your child tolerates the fluid challenge, they may be able to go home after the doctor sees them. Most children, if encouraged, pass the fluid challenge and do not need blood tests that can be distressing.



This is mls
for your child
every 5 minutes

What fluid will be used?

The best fluid to use to rehydrate is a oral rehydration fluid such as dioralyte. Dioralyte contains electrolytes, these are salts and sugars that help the body absorb water better. Not all children will tolerate the taste of this so sometimes, juice that includes sugar will be used. It is important that sugar is in the solution used while your child is unwell as they will not be eating; therefore, need an added energy source.

How are fluids given?

Fluids are given with a syringe every 5 minutes. Please record what is given and if they have any vomits or diarrhoea. To ensure them to pass the Fluid Challenge, they will need encouragement by yourself to take the fluid every 5 minutes. If your child vomits during the fluid challenge, please inform a member of staff so further treatment can be administered.

