

Gastroenteritis Flowchart

Severe dehydration 7-10 %

- Decreased peripheral perfusion (cool/ mottled/ pale peripheries/ capillary refill time >2 secs)
- Anuria
- Hypotension
- Circulatory collapse

Moderate dehydration 4-6 %

- Dry mucous membranes
- Reduced urine output
- Tachycardia
- Sunken eyes (minimal/no tears)
- Diminished skin turgor
- Altered neurological state (drowsy, irritable)

Mild dehydration 3%

- No physical signs
- Thirst
- Reduced urine output

- ABC
- IV/IO access
- BSL, UEC
- Fluid bolus:
20ml/kg 0.9% saline (repeat if required)

- Consider Ondanestron (0.1-0.2mg/kg PO or IV)
- Trial of oral fluids
1ml/kg (max 20mls) every 10 minutes

Tolerates oral fluid trial

Yes

No

- Admit to ED observation ward
- Nasogastric (NG) rapid rehydration
50mL/kg over 4 hours
If the child vomits slow infusion
rate to 50mL/kg over 6 hours
- Hourly observations

Tolerates NG rehydration

Yes

No

- Admit General Paediatric Team
- Investigate cause
- IV fluids
- 0.9% saline + 5% dextrose
maintenance + deficit over 24
hours
- See ED Fluids intravenous
guideline
- Hourly observations

Discharge home

- Give reassurance and education
- Explain vomiting may persist
- If breast-feeding:
continue with small frequent feeds
- Eat as tolerated
- Avoid sweet/fatty foods
- Provide Gastroenteritis Health
Fact Sheet

- Admit to General Paediatric Team
- Investigate cause
- **Option 1:** Nasogastric fluids (maintenance + deficit)
- **Option 2:** IV fluids 0.9% saline + 5% dextrose (maintenance + deficit)
- Hourly observations
- See ED Fluids intravenous guideline