

## Pediatric Dehydration (typically due to gastroenteritis)

	Degree of Dehydration		
	Mild	Moderate	Severe
Infant/Young Child <2yr	5%	10%	≥ 15%
Older Child/Adoles >2yr	3%	6%	≥ 9%
Heart Rate	Normal	Rapid	Rapid
Blood Pressure	Normal	Normal	Decreased
Urine Output	Mildly Decreased	Markedly Decreased	Anuria
Mucous Membranes	Moist	Tacky	Dry
Anterior Fontanelles	Normal	Sunken	Markedly Sunken
Eyes	Normal	Sunken	Markedly Sunken
Skin Turgor	Normal	Decreased	Tenting
Capillary Refill	Normal (<3s)	Normal to Increased	Increased (>3s)

Source: Tip #20, Victoria Division's [ER Tips & Tricks](#)

- Age <1 month or severe dehydration, **refer to the ED**
- For children ages >6 months and mild to moderate dehydration, consider single dose Ondansetron **and** Pedalyte or dilute juice at 50 ml/kg over 4 hours (i.e., 10 kg = 500ml)
- It is safe to continue breastfeeding

### Medication Dosing

- Ondansetron Oral Dissolving Tab 0.15 -0.2 mg/kg up to maximum 8 mg in a single oral dose (no further benefit from repeated dosing)
- Simplified dosing guide:

Weight	Dose
8-15 kg	2 mg
15-30 kg	4 mg
>30 kg	6 mg

### Resources

- [Pediatric dehydration and fluid replacement](#)
- [Trek bottom line gastroenteritis recommendations](#)
- [What you need to know: vomiting and diarrhea](#)

