

DOSAGE CHART (PEDIALYTE®)

This chart suggests the daily dosage requirements of Pedialyte® in millilitres. The volume necessary is based on the child's weight (50-100 mL/kg¹ or approximately 1-1.5 Freezer Pops/kg). Pedialyte® should be offered in small frequent sips every 15 minutes, increasing serving size as tolerated. Total daily intake should be adjusted to meet individual needs, based on thirst and response to therapy. The suggested intakes for maintenance are based on water requirements for ordinary energy expenditure.²

Dosage chart does not apply to infants younger than 1 week of age. For children older than 4 years of age, maintenance intakes may exceed 2 litres (32 or more Freezer Pops) daily. If there is vomiting or fever, or if diarrhea continues beyond 24 hours, consult the child's physician.

Body Weight	Pedialyte® mL/day for maintenance†
3 kg (6.6 lb)	150 - 300
4 kg (8.8 lb)	200 - 400
5 kg (11.0 lb)	250 - 500
6 kg (13.2 lb)	300 - 600
7 kg (15.4 lb)	350 - 700
8 kg (17.6 lb)	400 - 800
9 kg (19.8 lb)	450 - 900
10 kg (22.0 lb)	500 - 1000
11 kg (24.2 lb)	550 - 1100
12 kg (26.4 lb)	600 - 1200
13 kg (28.6 lb)	650 - 1300
14 kg (30.8 lb)	700 - 1400
15 kg (33.0 lb)	750 - 1500
16 kg (35.2 lb)	800 - 1600
17 kg (37.4 lb)	850 - 1700
18 kg (39.6 lb)	900 - 1800
19 kg (41.8 lb)	950 - 1900
20 kg (44.0 lb)	1000 - 2000

NOTE: 4 Freezer Pops = 250 mL = 1 cup.

† Fluid intake is total fluid requirement from oral electrolyte solution, formula, or other fluids, but does not take into account ongoing stool losses. Fluid loss in the stools should be replaced by consumption of an extra amount of Pedialyte® equal to stool losses, in addition to the fluid maintenance requirement in this dosage chart. Pedialyte® products are to be used with other appropriate fluids to help prevent dehydration.

REFERENCES:

1. Leung A, Prince T. Canadian Paediatric Society Nutrition and Gastroenterology Committee Paediatr Child Health Oral rehydration therapy and early refeeding in the management of childhood gastroenteritis 2006;11(8):527-31. 2. Extrapolated from Barness LA, Curran JS: Nutrition, in Nelson WE (sr ed), Behrman RE, Kliegman RM, Arvin AM (eds): Nelson Textbook of Pediatrics, ed 15. Philadelphia: WB Saunders Co, 1996, pp 141-3.