



# Dehydration Prevention Reference Guide

**Pedialyte® brand has half the sugar, twice the electrolytes of leading sports drinks.**

**PROBLEM:** When a child's belly is misbehaving, too much sugar can make diarrhea worse.

**SOLUTION:** Recommend Pedialyte brand to help replace electrolytes lost during diarrhea and vomiting, with half the sugar of the leading sports drink.

**WHY PEDIALYTE:** Pedialyte meets the requirements of the American Academy of Pediatrics (AAP) Committee on Nutrition to help prevent dehydration in infants and children.<sup>1</sup> Pedialyte is recommended by the Barton Schmitt telephone protocol.<sup>2</sup>

## Symptoms of Dehydration<sup>3</sup>

- ✓ Dry mouth or tongue
- ✓ Less frequent urination (fewer wet diapers)
- ✓ Overly sleepy
- ✓ Few or no tears when crying
- ✓ Sunken eyes
- ✓ Irritability

If you see any of these warning signs, as identified by the Centers for Disease Control and Prevention, call your doctor.

## Electrolyte replacement and sugar/sodium balance in Pedialyte vs common beverages<sup>1,4,5</sup>

	Sodium mEq/L	Potassium mEq/L	Sugar g/L	Sugar:Na Ratio
Electrolyte losses				
Non-cholera diarrhea	30-65	20-45		
Electrolyte sources				
<b>Pedialyte® AdvancedCare™</b>	<b>45</b>	<b>20</b>	<b>16</b>	<b>2:1</b>
<b>Pedialyte</b>	<b>45</b>	<b>20</b>	<b>25</b>	<b>3:1</b>
Original Gatorade®	20	3	60	13:1
Cola	2	0	126	350:1
Apple juice	3	32	125	230:1

mEq/L=milliequivalents per liter.  
Pedialyte is a registered trademark of Abbott Laboratories.  
Gatorade is not a registered trademark of Abbott Laboratories.



Therapeutic hydration to the rescue™

For more information, visit [Pedialyte.com](http://Pedialyte.com)

Powder Packs and Freezer Pops are not for use for children under 1 year of age.

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Use Pedialyte oral electrolyte solution under medical supervision for the dietary management of dehydration during diarrhea and vomiting.



References: 1. Kleinman RE, ed. *Pediatric Nutrition Handbook*. 6th ed. Elk Grove Village, IL: American Academy of Pediatrics; 2009:651-659. 2. Schmitt BD. *Pediatric Telephone Protocols*. 12th ed. Elk Grove Village, IL: American Academy of Pediatrics; 2008. 3. Centers for Disease Control and Prevention. *MMWR Recomm Rep*. 2003;52(RR-16):1-16. 4. Raizada N, et al. *Indian Pediatr*. 1992;29:461-465. 5. Molla AM, et al. *J Pediatr*. 1981;98:835-838.