Emergency Regime Recipes

For use during diarrhoea and vomiting

This emergency regimen should be taken if your child becomes unwell e.g. diarrhoea, vomiting, high temperature, any illness associated with loss of appetite.

- Give the emergency regimen of regular glucose polymer drinks (e.g. honey, golden syrup, Ribena or sugar mixed with water). These drinks should be taken every 2 hours.
- If your child does not tolerate the emergency regimen contact your doctor or the hospital as soon as possible.
- After 24 hours of being on the emergency regimen the usual diet can be reintroduced, giving extra glucose polymer drinks during the day until the normal diet is resumed.
- If your child is still unwell after 24 hours contact your local hospital.

Smaller volume recipes:
Honey or golden syrup 25g (4 teaspoons) dissolved and made up to 100ml with cooled, boiled water
Sugar 20g (5 teaspoons) dissolved and made up to 100ml with cooled, boiled water
Full sugar undiluted Ribena juice 40ml made up to 100ml with cooled, boiled water

Larger volume recipes:
Honey or golden syrup 125g (18 teaspoons) dissolved and made up to 500ml with cooled, boiled water
Sugar 100g (25 teaspoons) dissolved and made up to 500ml with cooled, boiled water
Full sugar undiluted Ribena juice 200ml made up to 500ml with cooled, boiled water

Recipe using Dioralyte (might be prescribed in illness where diarrhoea is present)
1 sachet Dioralyte
Plus 50g (8 teaspoons) Honey or golden syrup OR 40g(10 teaspoons) sugar OR 80ml full sugar undiluted Ribena juice
Made up to 200ml cooled, boiled water

Feed …….. every 2 hours day and night
(This volume will increase as your child's weight increases – see increasing volume and weight list)

EMERGENCY REGIMEN

The amount of feed required will change with increasing weight. This is a guide only.

3.0 kg	**Feed 40ml every 2 hours day and night or 20 ml/hr continuously**
3.5 kg	**Feed 45 ml every 2 hours day and night or 22 mls/hr continuously**
4.0 kg	**Feed 50 ml every 2 hours day and night or 25 ml/hr continuously**
4.5 kg	**Feed 55 ml every 2 hours day and night or 28 ml/hr continuously**
5.0 kg	**Feed 60ml every 2 hours day and night or 30 ml/hr continuously**
5.5 kg	**Feed 65 ml every 2 hours day and night or 35 ml/hr continuously**
6.0 kg	**Feed 70ml every 2 hours day and night or 35 ml/hr continuously**
6.5 kg	**Feed 75mls every 2 hours day and night or 40 ml/hr continuously**
7.0 kg	**Feed 75 ml every 2 hours day and night or 40 ml/hr continuously**
7.5 kg	**Feed 75 ml every 2 hours day and night or 40 mls/h continuously**
8.0 kg	**Feed 80 ml every 2 hours day and night or 40 ml/hr continuously**
8.5 kg	**Feed 80 ml every 2 hours day and night or 40 ml/hr continuously**
9.0 kg	**Feed 90 ml every 2 hours day and night or 45 ml/hr continuously**
9.5 kg	**Feed 90 ml every 2 hours day and night or 45 ml/hr continuously**
10.0 kg	**Feed 90ml every 2 hours day and night or 45 ml/hr continuously**

EMERGENCY REGIMEN

The amount of glucose feed required will change with increasing weight. This is a guide only.

10 - 11kg	**Feed 90ml every 2 hours day and night**
12kg	**Feed 90ml every 2 hours day and night**
13kg	**Feed 100ml every 2 hours day and night**
14kg	**Feed 100ml every 2 hours day and night**
15kg	**Feed 110ml every 2 hours day and night**
16kg	**Feed 110ml every 2 hours day and night**
17kg	**Feed 120ml every 2 hours day and night**
18kg	**Feed 120ml every 2 hours day and night**
19kg	**Feed 120ml every 2 hours day and night**
20kg	**Feed 130 ml every 2 hours day and night**
22kg	**Feed 130 ml every 2 hours day and night**
24kg	**Feed 140ml every 2 hours day and night**
26kg	**Feed 140ml every 2 hours day and night**
28kg	**Feed 150ml every 2 hours day and night**
30kg	**Feed 150ml every 2 hours day and night**

Dietitian:

Patient Name:

Date:

Contact Telephone Number: 01932 723937

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk.

Author: Paediatric Dietitian **Department:** Dietetics
Version: 3 **Published:** April 2019 **Review:** April 2021

We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18802.

اگر نیاز به ترجمه دارید، لطفا با شماره 01932 723553 تماس بگیرید.

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگرآپ اس کا اُردو زبان میں ترجمہ چاہتے ہیں، تو براہِ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku,
proszę zadzwonić 01932 723553

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA Tel: **01784 884488**
St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ Tel: **01932 872000**
Website: **www.ashfordstpeters.nhs.uk**