Clinical Guideline
Gastroenteritis

Inclusion criteria:
- Vomiting and/or diarrhea, ONSET WITHIN ONE WEEK, not due to chronic disease, with or without fever or abdominal pain
- Age ≥ 6 months
- Negative UPT if of childbearing age

Exclusion criteria:
- Toxic appearance
- Diarrhea > 7 days or bloody diarrhea
- Bilious emesis
- Acute surgical abdomen
- Immunocompromised
- Comorbid cardiac, GI, or renal disease
- Known hyponatremia (<130) or hypernatremia (>155)
- Known hypoglycemia (<50) or hyperglycemia (>200)
- Age < 6 months

Consider differential diagnoses:
- Testicular/Ovarian torsion
- Intracranial pathology
- UTI
- Strep pharyngitis
- Pneumonia
- Myocarditis
- Intussusception
- Bowel obstruction or appendicitis

Clinical assessment:
- Baseline weight
- Signs/Symptoms of dehydration

# of features present | Degree of dehydration | % fluid deficit
--- | --- | ---
0 | None/Minimal | <5
1–2 | Moderate | 5–10
3–4 | Severe | >10

For questions concerning this guideline, contact: chrichmond.org

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Next expected update: August 2021
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This guideline should not replace clinical judgment.

PCDU: Pediatric Clinical Decision Unit
is a 24hr Observation Unit

Initial Assessment
If no contraindications, give ondansetron for recent vomiting:
- < 8kg: 0.15mg/kg (liquid)
- < 15 kg: 2mg (liquid)
- > 15 kg: 4mg ODT
Wait 20 minutes before PO challenge/ORT
Consider need for IV if severe

Determine extent of dehydration
Using the 4 Point Dehydration Assessment Tool

None/Minimal Dehydration
PO challenge
Tolerates PO challenge
(If fails, consider formal ORT vs. d/c with PO trial at home.)
Discharge
Consider Rx for ondansetron

Moderate Dehydration
Start Oral Rehydration Therapy (ORT)
See ORT education sheet for specifics
Tolerates ORT
Does not tolerate ORT

Severe Dehydration
IV: 20-40ml/kg NS bolus
OR
NG: 20ml/kg Pedialyte/ORT
Each over 1 hour
*Point of Care Glucose
(*Hold BMP tube if IV obtained)
Start Oral Rehydration Therapy (ORT)
See ORT education sheet for specifics
*May start while bolus going

ORT Failure Criteria:
- > 1 emesis
- ORT Refusal > 30 minutes

Discharge criteria
- Tolerating ORT
- Stable vital signs
- ORT education, handout given
- Outpatient follow-up delineated
- Prescriptions sent (if applicable)

Admission criteria (any of the below):
- Persistent signs of dehydration despite IV hydration
- Severe electrolyte abnormalities
- Significant ongoing losses
- Inability to tolerate adequate PO hydration

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chorclinicalguidelines@vcuhealth.org

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Executive Summary

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References

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Steiner M, Dewalt D, Byerley J. Is this child dehydrated? JAMA. 2004;291(22):2746-2754

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Example: