

How to use Pedialyte

Directions for use*:

For infants under 1 year of age:

Consult your doctor before feeding Pedialyte. Always see a healthcare provider urgently if your child has vomiting or diarrhoea (possible gastroenteritis or bowel infection) and is under 6 months old.

For children 1 year of age and older:

Offer Pedialyte every 1 to 4 hours. The child should drink 1 to 2 litres per day of Pedialyte while diarrhoea continues. If there is vomiting or fever, or if diarrhoea continues beyond 24 hours, further consult your doctor.

Storage:



Store below 30°C. Best served cold and can be frozen as ice blocks.



Once opened, store in the fridge and discard unused portion after 24 hours.

If you are worried about yourself or someone else with dehydration, seek medical advice from:

- Your GP clinic or an after-hours or urgent medical centre
- Healthline on 0800 611 116 – Healthline is free and available 24/7.

If a person has signs of severe dehydration, call 111 for an ambulance.



**Abbott Customer
Service**
0800 737 115

Be Prepared with Pedialyte®



**Rehydration Solution
to restore fluid and
minerals lost in
diarrhoea and vomiting**

*Always read the label and use as directed. If symptoms persist, parents/carers should see a healthcare professional. Incorrect use may be harmful.

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What is dehydration?

When your child has gastroenteritis, it is dehydration and not the bug that is potentially dangerous.

Dehydration can make your sick child feel even worse. If your child has both diarrhoea and continued vomiting, dehydration can become dangerous even more quickly.



Recognise the signs of dehydration

If your child is vomiting or has diarrhoea together with any of the following symptoms, it is possible they are on the way to dehydration:

- **Dark or strong-smelling urine**
- **Decreased frequency of urination** or fewer wet nappies
- **No or few tears** when child cries
- **Dry mouth or tongue**
- **Irritability** or increased fussiness
- **Sunken eyes** – severe dehydration
- **Overly sleepy** (less active than normal) – a sign of severe dehydration.

Everyday drinks such as lemonade, sports drinks and juices are not helpful in treating dehydration. These drinks contain too much sugar and can actually make diarrhoea worse.

Help your child feel better fast

When your child vomits or has diarrhoea, they lose a lot of salts as well as fluids. You may need to replace these salts as well as fluids.

To help your child rehydrate and feel better quickly, choose Pedialyte at the first sign of diarrhea and vomiting.



Pedialyte is specially formulated for rehydration - providing a balance of electrolytes, carbohydrates and water to help restore lost fluids to help rehydrate effectively.

- ✓ Fully Pharmac Funded
- ✓ Available in a Bubble Gum flavour kids love

Can be purchased in Pharmacies or on prescription.