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## Preventing Dehydration

**Continuing fluids is very important to avoid dehydration when you are vomiting or have diarrhoea**

**If vomiting always remember to sip slowly, 10ml every 10minutes (if this is not tolerated, contact your doctor).**

- 1 Ice or water are always first choice. If you are diabetic, you may need some carbohydrate/sugar to avoid a hypo (low BG level), check your BG level.
- 2 Limit or avoid caffeine as it can make nausea & vomiting worse
- 3 Consider oral rehydration solutions (ORS) such as Gastrolyte® to help replace fluid and electrolytes.
- 4 ORS have relatively low carbohydrate/sugar so extra carbohydrate/sugar might be needed to avoid a hypo (low BG level). Check your BG level more often.
- 5 ORS ice blocks are available and contain enough glucose and salts to improve fluid balance.
- 6 Highly sugared drinks should be limited if you have diarrhoea as it can make it worse.
- 7 Avoid high fat drinks e.g. milk as it can make diarrhoea worse