Acute Gastroenteritis (AGE) Clinical Practice Guideline
Urgent Care Management

Patient Presents with 3 loose stools in 24 hrs +/- vomiting; +/- fever

Score the Clinical Dehydration Scale (CDS)
Score each element as 0, 1, or 2 for a total score from 0-8

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>[0]</th>
<th>[1]</th>
<th>[2]</th>
</tr>
</thead>
<tbody>
<tr>
<td>General appearance</td>
<td>Normal</td>
<td>Thirsty, Restless or Lethargic, but irritable when touched</td>
<td>Drowsy, limp, cold or sweaty, +/- comatose</td>
</tr>
<tr>
<td>Eyes</td>
<td>Normal</td>
<td>Slightly sunken</td>
<td>Extremely sunken</td>
</tr>
<tr>
<td>Mucous membrane (tongue)</td>
<td>Moist</td>
<td>Sticky</td>
<td>Dry</td>
</tr>
<tr>
<td>Tears</td>
<td>Tears</td>
<td>Decreased tears</td>
<td>Absent tears</td>
</tr>
</tbody>
</table>

Score each Clinical Dehydration Scale (CDS) +/− vomiting with last oral intake

**Scores**

<table>
<thead>
<tr>
<th>CDS 0 No Dehydration</th>
<th>CDS 1-4 Some Dehydration</th>
<th>CDS 5-8 Moderate/Severe Dehydration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consider Oral Challenge and transfer to ED if vomiting with last oral intake</td>
<td>Ondansetron x1 Oral in UC if vomiting with last oral intake</td>
<td>Ondansetron x1 Oral in UC if vomiting with last oral intake</td>
</tr>
<tr>
<td>Ondansetron x1 Oral in UC if vomiting with last oral intake</td>
<td>Oral Challenge</td>
<td></td>
</tr>
<tr>
<td>Oral Challenge</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Oral Challenge**

- If vomiting give Ondansetron and wait 15 min
- Give 5-10ml oral rehydration every 5 min X 15 min
- If patient < 2 yrs and REFUSES oral fluids, and no vomiting, try oral syringe
- If emesis – wait 15 min and try again.
- If patient continues with emesis stop

**Oral Rehydration**

Avoid high carbohydrate liquids and optimize with low osmols and higher Na

- Preferred > 1yr Pedialyte then try a sports drink
- Infants < 1yr: Enfalyte oral, syringe or NG

**Oral Rehydration Goal:**

Maintains oral hydration with a minimum of < 10 kg: 60ml or >10 kg: 120ml over 30 min

**Discharge Medications**

- Ondansetron: Evidence supports giving one dose of Zofran in ED/UC, be aware that multi doses may prolong diarrhea
- Probiotic: Limited evidence suggest some improvement but not clear to support use in every patient

**Transfer Criteria**

- Severe Dehydration
- Oral Challenge Failure
- NG or IV needed for fluid hydration

**Discharge Criteria**

- Tolerating oral fluids well
- Consider Discharge Medications Ondansetron &/or Probiotic

**Transfer to ED for IV/NG fluids**

- Start IV, draw BMP, and transport via ambulance

**May use car for transport**

**Hemodynamically Stable?**

- Yes
- No

**Start IV, draw BMP, and transport via ambulance**

**Oral Rehydration**

- Pt. <8 kg: 15 ml or 10 ml/kg per day
- Pt. >8 kg: 10 ml/kg per day

**Ondansetron Dosing**

- Pt. wt. 8 kg to ≤ 15 kg: 2 mg ODT
- Pt. wt. > 15 kg: 4 mg ODT

**Oral Challenge**

- If vomiting give Ondansetron and wait 15 min
- Give 5-10ml oral rehydration every 5 min X 15 min
- If patient < 2 yrs and REFUSES oral fluids, and no vomiting, try oral syringe
- If emesis – wait 15 min and try again.
- If patient continues with emesis stop

**Oral Rehydration**

Avoid high carbohydrate liquids and optimize with low osmols and higher Na

- Preferred > 1yr Pedialyte then try a sports drink
- Infants < 1yr: Enfalyte oral, syringe or NG

**Oral Rehydration Goal:**

Maintains oral hydration with a minimum of < 10 kg: 60ml or >10 kg: 120ml over 30 min

**Discharge Medications**

- Ondansetron: Evidence supports giving one dose of Zofran in ED/UC, be aware that multi doses may prolong diarrhea
- Probiotic: Limited evidence suggest some improvement but not clear to support use in every patient

**Transfer Criteria**

- Severe Dehydration
- Oral Challenge Failure
- NG or IV needed for fluid hydration

**Discharge Criteria**

- Tolerating oral fluids well
- Consider Discharge Medications Ondansetron &/or Probiotic