

Name of Child: _____ Date: _____

Electrolyte Supplements

Such as: Potassium Chloride (KCl), Potassium Phosphate, Sodium Citrate,
Sodium Chloride (NaCl)

Why is it given?

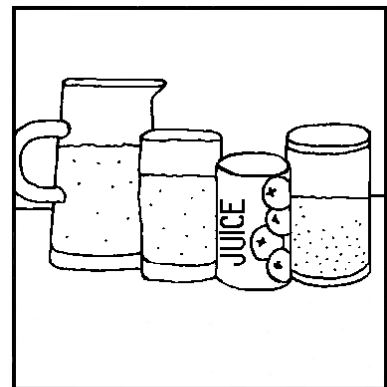
These medicines are salts, which are important in the body. Some illnesses or medicines make the body lose salts in the urine or stool. Electrolyte supplements replace these salts.

Name of supplement: _____

How much to give: _____ When: _____

Things to know about this medicine:

- If you are giving the liquid form of this medicine, use a marked measuring spoon. The teaspoons we use for eating are not exact measures.
- Give this medicine with crackers, milk or a meal. You may mix a dose in a small amount of cereal or formula. This medicine can upset an empty stomach.
- Mix liquid or powder electrolytes in water or fruit juice before giving.



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electrolytes in water or
fruit juice before giving.**

- Dissolve effervescent tablets in water or fruit juice before giving.
- Other electrolyte tablets should be swallowed whole. Do not crush or chew. Give with plenty of fluids.
- Give your child plenty of fluids to drink after taking any form of this medicine.
- Give this medicine just as your child's doctor ordered. Do not give it more or less often than ordered.
- Stay with your child until he or she swallows the medicine.
- Do not stop giving this medicine. If you are thinking about stopping, call your child's doctor first.
- If your child misses a dose, give it when you remember, if you remember within two hours of when it was due. Do not give a double dose to make up for a missed dose. If you have any questions, call your child's doctor.
- Store this medicine in a cool, dry place.
- Keep this and all medicines out of the reach of children.

Possible side effects:

- sick to the stomach
- stomach pain
- throwing up

Tell your doctor if these keep your child from playing, school work and jobs around the house.

Now that you've read this:

- Tell the nurse or doctor how you will give your child this medicine.
(Check when done.)



If you have any questions or concerns,
 call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
866-933-6459
www.phoenixchildrens.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Tuesday, January 8, 2008 • DRAFT to family review
#10 • Written by Fran London, MS, RN



The Emily Center

Electrolyte Supplements

Medication

Si usted desea esta información en español, por favor pídasela a su enfermero o doctor.

Name of Health Care Provider: _____ Number: 10

For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading this handout? Yes No

If yes, what?

After reading this handout, do you have any questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!