



Hydration/Nutrition Information for Patients with Gastroenteritis

Gastroenteritis is an infection of the intestinal tract caused by either a viral or a bacterial infection. Gastroenteritis can cause vomiting, diarrhea, fever and decreased appetite. Vomiting and/or diarrhea leads to dehydration. The options for treating dehydration are below.

Naso-gastric Tube (NG Tube)	Peripheral Intravenous Line (PIV)
	
<p>A naso-gastric (NG) tube is a flexible tube that is used to deliver liquids to the stomach. The tube is inserted through one nostril of the nose, down the back of the throat, through the esophagus (food pipe) and into the stomach. NG tubes are only appropriate in children who are no longer vomiting.</p> <p>Benefits of the tube:</p> <ul style="list-style-type: none"> • No needles. • Placing an NG is often easier and faster compared to placing an IV. • Tube feedings can be used to meet your child’s nutritional needs. • Your child may feel less hungry since we can give breast milk, pedialyte, or formula through the tube. • Your child can receive most medications through the tube. • Your child can still drink with the tube in place if he is tolerating oral feeds. <p>Disadvantages:</p> <ul style="list-style-type: none"> • Your child may gag during placement. • Possible incorrect placement but this is checked by testing fluid from the stomach or an x-ray is certain cases. • The NG tube can be accidentally pulled out even if it is taped and would need to be replaced if needed. 	<p>A peripheral intravenous catheter (PIV) is a short tube that is inserted through the skin into a vein. A PIV can be placed in the arm, hand, leg, or foot.</p> <p>Benefits of the PIV:</p> <ul style="list-style-type: none"> • The PIV can be used for intravenous fluids or medications. • It is the fastest way to administer fluids to your child. • If your child’s condition worsens, he may need a PIV and it would already be in place. <p>Disadvantages:</p> <ul style="list-style-type: none"> • There is some discomfort in placing the needle and catheter. • It is sometimes difficult to place a PIV and may require multiple needle sticks. • IV fluids contain water, sugar, sodium, and electrolytes and they do not fill the stomach so some children may still feel hungry. • The PIV can get accidentally pulled out or get dislodged causing IV fluid or medicine to flow under the skin. This can irritate your child’s skin and cause swelling. • When IV fluids run continuously, the IV site is checked every hour.