PRESCRIBING INFORMATION

GASTROLYTE
(electrolyte and dextrose oral powder)

Diarrhea Therapy
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DESCRIPTION

The composition of GASTROLYTE® stimulates intestinal water absorption.

Each sachet contains:

Dextrose Monohydrate.........................................................................................3.56 g
Disodium Citrate.................................................................................................0.53 g
Sodium Chloride.................................................................................................0.47 g
Potassium Chloride..............................................................................................0.30 g

One litre made up of 5 sachets x 200 mL contains:

Sodium 60 mmoL
Potassium 20 mmoL
Chloride 60 mmoL
Citrate 10 mmoL
Dextrose (Anhydrous) 90 mmoL

Non-medicinal ingredients - Fruit: aspartame (as sweetening agent), silicon dioxide, grapefruit flavour, pineapple flavour.

Non-medicinal ingredients - Regular: aspartame (as sweetening agent), silicon dioxide.

INDICATIONS

For the management of watery diarrhea of varying types, including gastroenteritis and oral correction of fluid and electrolyte loss in infants, children and adults.

Maintenance of fluid and electrolyte balance in situations such as post-operative when the oral route is available.
RISK INFORMATION

Contraindications
There are no known contraindications to this product.

Precautions
For oral administration only. GASTROLYTE® should not be reconstituted in diluents other than water. Each sachet should always be dissolved in 200 mL of water. A weaker solution than recommended will not contain the optimum dextrose and electrolyte concentration while a stronger solution than recommended may give rise to electrolyte imbalance.

With intractable vomiting, adynamic ileus (inhibition of bowel motility), intestinal obstruction of perforated bowel, nothing should be administered orally.

If the diarrhea does not improve promptly, the patients should be reassessed.

Warning
Cow’s milk and artificial milk feeds in infants should be stopped for 24 hours and gradually introduced when the diarrhea has lessened. However, breast feeding should be continued.

DOSAGE AND DIRECTIONS FOR USE

1. Reconstitution: The contents of each sachet should be dissolved in sufficient drinking water to make 200 mL (approximately 7 fl. oz.). An infant’s feeding bottle is a convenient measure of this volume. The solution should be made up immediately prior to feeding and any solution remaining an hour after reconstitution should be discarded. However, the solution may be used for up to 24 hours if stored in a refrigerator immediately after reconstitution. The reconstituted solution must not be boiled.

2. Dosage: For oral administration only. A basic principle of treatment of diarrhea is to replace fluid loss and then to maintain sufficient fluid intake to replace further loss from stools.

For toddlers, older children and adults, GASTROLYTE® solution may be given freely until the thirst is satisfied.

For infants, a number of different regimens are used by different physicians, but the basic principle is to omit milk feeds or solids initially, while maintaining adequate fluid intake. Milk can then be reintroduced to provide calories, but to avoid worsening or prolonging the diarrhea, this should be gradual.
The following dosage and regrading scheme are only a general guide and the volume of the product given and the speed of re-introduction of the normal feeds is at the discretion of the physician.

**General Dosage Guide:** 150 mL of GASTROLYTE® solution per kg of body weight per day or 70 mL (2½ fluid ounces) per pound per day.

In those patients who are vomiting at the start of treatment, it may be advisable to give very small volumes initially until vomiting is under control. Infantile diarrhea is uncommon in breast-fed infants. However, if treatment with this product becomes necessary, it is suggested that for each feeding the chosen regimen be followed and the infant be given the appropriate volume of the solution for that feeding and then breast-fed until satisfied.

**RECOMMENDED STORAGE**

Store sachets in cool, dry place and avoid exposure to temperature in excess of 30° C. Keep unused solution in refrigerator for a maximum of 24 hours.

**HOW SUPPLIED**

Boxes containing 10 foil/laminate sachets.
Available in fruit and regular flavour.