

Fluid Requirement in Neonates

Day 1: 80 mL/kg (tip: human babies are 80% water)

Increase by 10 mL/kg daily till reach 160 mL/kg/day

Day	Total Fluids (mL/kg/day)
1	80-90
2	90-100
3	100-110
4	110-120
5	120-130
6	130-140
7	140-150
8	150-160

*preterm infant might need more fluids (follow urine output, urea, creatinine and electrolytes)

Example 1: A 3-hour-old term infant is transferred from nursery for management of respiratory distress. She weighs 3 kg.

Total fluid requirement = 80 mL/kg = 80 x 3 = 240 mL

If NPO, then:

IVF orders needed to be in mL/hr (select default, Dextrose 10%)

240 mL divided by 24 (24 hours in a day) = 10 mL/hr

If feeds, then:

Feedings orders needed to be every 3 hours (select default, Expressed breast milk/Term formula)

240 mL divided by 8 (8 feeds in a day) = 30 mL q 3 hrs

Example 2: A preterm infant is transferred from delivery room for management of respiratory distress. He weighs 2 kg.

IVF: 80 x 2 = 160 / 24 = 6.6 mL/hr

Feeds: 80 x 2 = 160 / 8 = 20 mL q 3 hrs