

Oral Rehydration Solutions

ORAL REHYDRATION SOLUTIONS (ORS)

An ORS is an Isotonic Solution (similar concentration to body fluids), that is easily absorbed to aid hydration. ORS drinks contain sodium, are low in sugar, and can contain potassium, bicarbonate and other electrolytes. Commercially available ORS' like Gatorade™ or Pedialyte™ may have too much sugar or too little sodium and are not recommended for SBS.

SHORT BOWEL SYNDROME (SBS) PATIENTS & HYDRATION

While juice & water seem like a good idea, neither are absorbed well by the GI tract because juice is a hypertonic (concentrated) and water a hypotonic (diluted) solution. When you have SBS, or severe fluid losses, an ORS can assist with maintaining adequate hydration or rehydration.

RECOMMENDATIONS:

Most people require 1-2L per day of ORS depending on weather, physical activity, or diarrhea. Sip slowly throughout the day, ~1 cup over one hour. ORS is best when chilled. Do not add ice as it will dilute it. You can add a non-caloric sweetener like Crystal Light™ or fresh fruit slices to add flavoring. Throw it out after 24 hours or freeze extra promptly.



See other side for homemade recipes
and store-bought ORS.

www.nutrishare.com
1-800-466-3876

HOMEMADE ORS RECIPES

World Health Organization (WHO) Reduced Osmolarity “Home Prepared” ORS (www.oley.org)

INGREDIENTS:

- ½ teaspoon salt
- 7 teaspoons sugar
- ½ teaspoon salt substitute (Morton Salt Substitute® - Potassium Chloride)
- 1¼ teaspoons trisodium citrate dihydrate*
- Water (to make 1 liter)

DIRECTIONS:

- To a one-liter container, add about 1/2 the needed water.
- Add the dry ingredients, stir well, then add the remaining water to make a final volume of one liter.
- Add non-caloric sweetener like Crystal Light™ or fresh fruit slices to add flavoring.

Total sodium = 70 mEq;

Total potassium = 20 mEq;

Total carbohydrate = 27 g;

Osmolarity = 245 mOsm/L

The WHO recipe has ~70mEq sodium which is recommended for an ORS to be maximally effective.

INGREDIENTS:

- ½ teaspoon salt
- 7 teaspoons sugar
- ½ teaspoon salt substitute (Morton Salt Substitute® - Potassium Chloride)
- 1¼ teaspoons trisodium citrate dihydrate*
- Water (to make 1 liter)

Source - oley.org/resource/resmgr/ors_recipes/ORS_recipes_hand-out.pdf

*Trisodium citrate dihydrate is available for purchase on Amazon or Prescribed for Life

BEVERAGE /JUICE BASED ORS RECIPES

Gatorade Base

2 Cups Gatorade™ any flavor
2 cups of water
½ tsp Salt

Apple Juice

1 cup Juice
3 cups water
½ tsp salt

Grape or Cranberry Juice

½ cup Juice
3½ cups of Water
½ tsp salt

COMMERCIALLY AVAILABLE ORS

Trioral® – 1 pkt

1L contains 74mEq Sodium,
13.5gm Carbs, 20 mEq
Potassium.
Available from Nutrishare

Jianas® Brothers – 1 pkt

1L contains 90mEq
Sodium, 20gm
Carbs, 20mEq Potassium
Available from Nutrishare

*Pedialyte™ Abbott Nutrition

1L Contains 45mEq Sodium,
25gm Carbs. 20mEq Potassium
(Add ¼ tsp Salt to increase to
70mEq of Sodium)

*Liquid IV Hydration Multiplier® – 1 pkt

16oz Contains 22mEq
Sodium, 12gm Carbs, ~3mEq
Potassium with B and C
vitamins added

*Hydralyte® – 1 pkt

7 oz Contains 12mEq
Sodium, 5gm
Carbs, ~2mEq Potassium

*Drip Drop® - 1 pkt

8oz Contains 14mEq of
Sodium, 9gm Carbs,
~2mEq Potassium with
Zinc, Vit C, Magnesium
added

*Gatorlyte™ – 1 bottle

20oz Contains 21mEq
Sodium, 21mEq Sodium,
9mEq Potassium with
Magnesium and Calcium
added

*Carbs = carbohydrates
Updated 2023*

** Lower Sodium content than
recommended for patients with
SBS or large fluid losses*

**When in doubt, reach out to your Nutrishare Clinician
if you are not sure which ORS is right for you.**



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