

Patient Name: _____

Date: _____

Daily intake of rehydration solution _____ Litres

Daily intake of other fluids _____ Litres

Healthier Together

Improving health and care in Bristol,
North Somerset and South Gloucestershire



Patient Information for Oral Rehydration Solution for long term use in patients with High Output Stoma/Fistula

Why do I need to drink oral rehydration solution?

This leaflet is intended for patients who have been advised to drink a salty, sugary glucose solution for rehydration. This is also known as St Mark's solution, WHO solution or UHB solution.

This solution is used to replace fluid and electrolytes lost through diarrhoea or from your stoma/fistula. The salts in the solution (also known as electrolytes) should help you feel less thirsty and less dehydrated.

Rehydration solutions are easily absorbed by the gut and are given to patients whose bowel cannot absorb other fluids as well. You will be advised how much normal fluid you can drink in addition to your electrolyte solution. It is important that you follow this advice. You should continue drinking your rehydration solution until advised otherwise by your nutrition or surgical team.

Recipes for the solutions

There are two ways to make these solutions up. Both are equally effective, but some people find they taste different.

You may have had UHB solution from University Hospitals Bristol & Weston, which contains sodium citrate, and want to continue with it instead of St Mark's solution. St Mark's solution is made up with Sodium bicarbonate which may be easier to get hold of.

Glucose powder 20g		Six level 5ml spoonfuls
Sodium Chloride powder (table salt) 3.5g		One level 5ml spoonful
Sodium bicarbonate powder 2.5g (for St Mark's solution)	or	Sodium Citrate powder 2.5g (for UHB solution)
		One heaped 2.5ml spoonful



<< Level teaspoon

<< Heaped teaspoon

How to make up either oral rehydration solution

- Measure the required amounts and mix with one litre of water until all powder is dissolved.
- Make a fresh jug of the solution every day.
- Drink the required amount of the solution throughout the day.
- To improve the taste, you can replace **up to 250ml** of the recipe water with concentrated fruit squash to improve the flavour (do not add squash concentrate **after** it has been made up with 1L water as this will dilute the vital sodium concentration). Lemon or lime squash masks the taste the best.
- Once made, it can be kept at room temperature but is best served chilled as this can reduce the bitter taste (due to the sodium bicarbonate).
- Using a straw can be helpful to mask the taste and reduce contact with the teeth as the solutions are sugary.

Obtaining supplies

The ingredients are readily available to buy cheaply from your local pharmacy, supermarket or health food shop.

- Glucose Powder with Vitamin C is an acceptable alternative to glucose powder if you are finding this difficult to source
- Sodium Chloride is ordinary table salt. Do not use low sodium alternatives such as Lo-Salt.
- Sodium Bicarbonate is also called Bicarbonate of Soda

St Marks' Solution	UHB solution
Sodium Bicarbonate BP (powder) 200g Sodium Chloride BP (table salt) 500g Glucose Powder 450g x4	Sodium Citrate BP 200g Sodium Chloride BP (table salt) 500g Glucose Powder 450g x4

You may need to allow some time for the pharmacy to order these products in for you.

Contact details

If you need more information please contact:

UHBW	UHBW Nutrition Team Advice Line: 0117 3427253. Please leave an answerphone message and the team will return your call Stoma Care Nurse Specialists: 0117 342 7638 (for Bristol and Weston sites)
NBT	Stoma Care Department: 0117 414 0270. Dietitians: 0117 4145428

Adapted from: What is St Mark's Electrolyte Mix (solution)? *UK Specialist Pharmacy Services* (2020)
<https://www.sps.nhs.uk/articles/what-is-st-markos-electrolyte-mix-solution/>