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ORAL REHYDRATION SOLUTION

If severe diarrhoea hits it can sometimes be difficult to get to a pharmacy to buy some Oral Replacement Solution.




It is possible to make up a simple solution at home.

The important principle is that water combined with low levels of salt and sugar is more effectively absorbed into the body than other combinations.

Fluids containing high amounts of sugar such as soft drinks or fruit juices are hyperosmolar and can actually draw water out of the body and should be avoided.

If the diarrhoea becomes bloody or associated with a high fever then it is time to get medical help.

A simple recipe for an Oral replacement Solution is to take

 <p>1 litre (5 glasses) of clean (boiled and cooled water)</p>	½ teaspoon salt	
	+	
	6 teaspoons of honey or sugar	

Another variant which may give more nutrition is to mix ½ cup of pre-cooked rice with 2 cups of water and ½ teaspoon of salt plus/minus ½ a mashed banana.