

Information for patients and carers

Oral Rehydration Solution

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What should I drink to reduce my stoma output?

Drinking too much ordinary fluid can increase your stoma output and make you become thirstier and more dehydrated. You can reduce your output by:

- Limiting the amount of 'ordinary' fluids that you drink (for example fruit juice, squash, fizzy drinks, water, tea or coffee)
- Drinking an oral rehydration solution such as St Mark's Electrolyte Mix

What is St Mark's electrolyte mix and how do I take it?

You have been prescribed St Mark's solution to help prevent you from becoming dehydrated due to a high output stoma. This is a specially formulated glucose electrolyte mix which is high in salt to help your body absorb fluid and reduce losses from your stoma. It is important that the electrolyte mix, using the following recipe, is made freshly every day. To do this, you need to measure out the following powders:

Ingredient	Amount
Glucose powder	SIX level 5ml spoonful's
Sodium Bicarbonate (baking soda)	ONE heaped 2.5ml spoonful
Sodium Chloride (common table salt)	ONE level 5ml spoonful
This needs to be dissolved in 1 litre of cold tap water	

It is recommended that you drink 1 litre of the electrolyte mix each day. You'll need to sip this throughout the day. You may find the solution tastes salty; this can be improved by:

- Storing the drink in the refrigerator and sipping it chilled
- Sipping it through a straw

- Freezing the solution and sipping it as a slush
- Adding a small amount of squash, fruit juice or cordial to improve the taste. This should be added while making up the solution rather than adding to each glass – this ensures the salt content remains at the right level

The solution can be stored at room temperature or in the fridge but must be discarded after 24 hours. The above ingredients are low-cost and can easily be purchased from community pharmacies or supermarkets; this will be cheaper than getting them on prescription. The solution should be avoided 30-60 minutes before and after eating as eating stimulates gastric fluid production and thus increases fluid losses.

Contact details

Should you require further advice or information please contact:

- Stoma specialist nurses: **01772 522371**
- Dietetic department: **01772 522467**

Sources of further information

www.lancsteachinghospitals.nhs.uk
www.nhs.uk
www.accessable.co.uk
www.patient.co.uk
www.lancsteachinghospitals.nhs.uk/veteran-aware
<https://bepartofresearch.nihr.ac.uk/>
<https://sps.nhs.uk/articles/using-st-marks-electrolyte-solution/>

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