

Oral Rehydration Solutions (ORS)

💧 The "Simple Solution" – Home-made Oral Rehydration Salts (ORS) Recipe

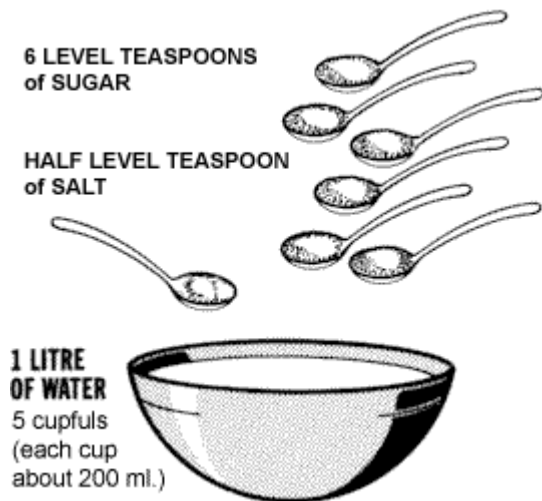
Preparing 1 (one) Litre solution using Salt, Sugar and Water at Home Mix an oral rehydration solution using the following recipe.

Ingredients:

- **Six (6) level teaspoons of Sugar**
- **Half (1/2) level teaspoon of Salt**
- **One Litre of clean drinking or boiled water and then cooled** - 5 cupfuls (each cup about 200 ml.)

Preparation Method:

- Stir the mixture till the salt and sugar dissolve.



Effective homemade remedy for watery diarrhea

An efficient and effective homemade remedy to be used when watery diarrhea strikes. This is a good substitute for oral rehydration salts:

Ingredients:

- 1/2 to 1 cup precooked baby rice cereal or 1½ tablespoons of granulated sugar
- 2 cups of water
- 1/2 tsp. salt

Instructions:

Mix well the rice cereal (or sugar), water, and salt together until the mixture thickens but is not too thick to drink. Give the mixture often by spoon and offer the child as much as he or she will accept (every minute if the child will take it). Continue giving the mixture with the goal of replacing the fluid lost: one cup lost, give a cup. Even if the child is vomiting, the mixture can be offered in small amounts (1-2 tsp.) every few minutes or so.

- Banana or other non-sweetened mashed fruit can help provide potassium.
- Continue feeding children when they are sick and to continue breastfeeding if the child is being breastfed.

Questions on Solutions made at Home

Q. How do I measure the Salt and Sugar? Different countries and different communities use various methods for measuring the salt and sugar.

- Finger pinch and hand measuring, and the use of local teaspoons can be taught successfully.
- A plastic measuring spoon may be available locally- with proportions to make up 200 ml of sugar/salt solution.

Whatever method is used, people need to be carefully instructed in how to mix and use the solutions. Do not use too much salt. If the solution has too much salt the child may refuse to drink it. Also, too much salt can, in extreme cases, cause convulsions. Too little salt does no harm but is less effective in preventing dehydration. A rough guide to the amount of salt is that the solution should **taste no saltier than tears.**

Q. How much solution do I feed? Feed after every loose bowel movement. Adults and large children should drink at least 3 quarts or liters of ORS a day until they are well. **Each Feeding:**

- **For a child under the age of two**
Between a quarter and a half of a large cup
- **For older children**
Between a half and a whole large cup

For Severe Dehydration: Drink sips of the ORS (or give the ORS solution to the conscious dehydrated person) every 5 minutes until urination becomes normal. (It's normal to urinate four or five times a day.)

Q. How do I feed the solution?

- **Give it slowly, preferably with a teaspoon.**
- **If the child vomits it, give it again.**

The drink should be given from a cup (feeding bottles are difficult to clean properly). Remember to feed sips of the liquid slowly.

Q. What if the child vomits? If the child vomits, wait for ten minutes and then begin again. Continue to try to feed the drink to the child slowly, small sips at a time. The body will retain some of the fluids and salts needed even though there is vomiting.

Q. For how long do I feed the liquids? Extra liquids should be given until the diarrhea has stopped. This will usually take between three and five days.

Q. How do I store the ORS solution? Store the liquid in a cool place. Chilling the ORS may help. If the child still needs ORS after 24 hours, make a fresh solution.

10 Things you should know about Rehydrating a child.

1. Wash your hands with soap and water before preparing solution.
2. Prepare a solution, in a clean pot, by mixing - Six (6) level teaspoons of sugar and Half (1/2) level teaspoon of Salt

or

- 1 packet of Oral Rehydration Salts (ORS) 20.5 grams

mix with

- One liter of clean drinking or boiled water (after cooled) Stir the mixture till all the contents dissolve.

3. Wash your hands and the baby's hands with soap and water before feeding solution.
4. Give the sick child as much of the solution as it needs, in small amounts frequently.
5. Give child alternately other fluids - such as breast milk and juices.
6. Continue to give solids if child is four months or older.
7. If the child still needs ORS after 24 hours, make a fresh solution.
8. ORS does not stop diarrhea. It prevents the body from drying up. The diarrhea will stop by itself.
9. If child vomits, wait ten minutes and give it ORS again. Usually vomiting will stop.
10. If diarrhea increases and /or vomiting persists, take child over to a health clinic.

Footnote: People often refer to home-prepared oral rehydration solutions as "home-brew." This should be discouraged because the word brew implies:

- either **fermenting** which in fact is an obstacle to some home-prepared solutions especially those made with rice-powder
- or it implies **boiling** (as in tea) which, especially with sugar and salt or using packets of ORS, should not be done because it decomposes the sugar, or caramelizes.