

## Oral Replacement Solutions Recipes

## #1

- ¾ tsp salt
- 1 tsp baking soda
- 1 cup unsweetened non-citrus juice
- 6 cups water

## #2

- ¾ tsp salt
- 1 tsp baking soda
- 1 cup unsweetened orange juice
- 5 cups water

## #3

- ¼ tsp salt
- ¼ tsp no-salt
- 1 tsp baking soda
- 1 tbsp corn syrup
- 1 pkg. diet crystal drink mix (i.e. Crystal Lite)
- 4 cups water

These recipes are all similar to the World Health Organization's recipe for oral hydration solutions.

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Disclaimer statement: The information provided in this document should never replace clinical judgement. The care outlined in this document must be altered if it is not clinically appropriate for the individual patient.