

## Homemade Oral Rehydration Solutions

Recipes below are from the patient guidebook, "A Patient's Guide to Managing a Short Bowel," where many more recipe options are available. To order a free copy, go to: <http://www.shortbowelsupport.com>.

Homemade Oral Rehydration Solution Recipes			
Sugar and salt water	<ul style="list-style-type: none"> <li>• 1 quart water</li> <li>• ¾ teaspoon salt</li> <li>• 6 teaspoons sugar</li> <li>• Optional: Crystal Light® to taste (especially lemonade or orange-pineapple flavors)</li> </ul>		
Gatorade® G2	<ul style="list-style-type: none"> <li>• 4 cups Gatorade® G2 (or one, 32 ounce bottle)</li> <li>• 1/2 teaspoon salt</li> </ul>		
Chicken Broth	<table border="0"> <tr> <td> <ul style="list-style-type: none"> <li>• 4 cups water</li> <li>• 1 dry chicken broth cube</li> <li>• ¼ teaspoon salt</li> <li>• 2 tablespoon sugar</li> </ul> </td> <td style="vertical-align: top;"> <p><b>OR</b></p> <ul style="list-style-type: none"> <li>• 2 cups liquid broth</li> <li>• 2 cups water</li> <li>• 2 tablespoon sugar</li> </ul> </td> </tr> </table>	<ul style="list-style-type: none"> <li>• 4 cups water</li> <li>• 1 dry chicken broth cube</li> <li>• ¼ teaspoon salt</li> <li>• 2 tablespoon sugar</li> </ul>	<p><b>OR</b></p> <ul style="list-style-type: none"> <li>• 2 cups liquid broth</li> <li>• 2 cups water</li> <li>• 2 tablespoon sugar</li> </ul>
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Tomato Juice	<ul style="list-style-type: none"> <li>• 2 ½ cups tomato juice</li> <li>• 1 ½ cups water</li> </ul>		
Homemade Cereal Based	<ul style="list-style-type: none"> <li>• ½ cup dry, precooked baby rice cereal</li> <li>• 2 cups water</li> <li>• ¼ teaspoon salt</li> <li>• Combine ingredients and mix until well dissolved and smooth. Refrigerate. Solution should be thick, but pourable and drinkable.</li> </ul>		