

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: <https://www.shortbowelsyndrome.com/sign-up>

Homemade Oral Rehydration Solution Recipes			
Base Beverage	Recipe		
Water	<ul style="list-style-type: none"> • 1 quart water • ¾ teaspoon table salt • 2 Tablespoons sugar • Optional: Crystal Light® to taste (especially lemonade or orange-pineapple flavors) 		
Gatorade® G2	<ul style="list-style-type: none"> • 4 cups Gatorade® G2 (or one, 32 ounce bottle) • ¾ teaspoon table salt; if your patient will not drink this because it is too salty for them, try ½ teaspoon of salt per 32 oz, as it is better not drinking it at all. 		
Chicken Broth	<table border="0"> <tr> <td> <ul style="list-style-type: none"> • 4 cups water • 1 dry chicken broth cube • ¼ teaspoon table salt • 2 tablespoons sugar </td> <td style="vertical-align: top;"> <p>OR</p> <ul style="list-style-type: none"> • 2 cups liquid broth (not low sodium!) • 2 cups water • 2 tablespoons sugar </td> </tr> </table>	<ul style="list-style-type: none"> • 4 cups water • 1 dry chicken broth cube • ¼ teaspoon table salt • 2 tablespoons sugar 	<p>OR</p> <ul style="list-style-type: none"> • 2 cups liquid broth (not low sodium!) • 2 cups water • 2 tablespoons sugar
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Tomato Juice	<ul style="list-style-type: none"> • 2 ½ cups plain tomato juice (not V8 or bloody mary mix) • 1 ½ cups water 		
Cranberry Juice	<ul style="list-style-type: none"> • ¾ cup juice • 3 & ¼ cups water • ¾ teaspoons table salt 		
Cereal-Based	<ul style="list-style-type: none"> • ½ cup dry baby rice cereal, cooked • 2 cups water • ¼ teaspoon table salt • Combine ingredients and mix until well dissolved and smooth. Refrigerate. Solution should be thick, but pourable and drinkable. 		