

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"> • 4 cups of water • ½ teaspoon table salt • 2 Tablespoons sugar • Optional: Crystal Light® to taste 		
Gatorade® G2	<ul style="list-style-type: none"> • 4 cups Gatorade® G2 (or one, 32 ounce bottle) • ½ teaspoon table salt <p><i>**if it is too salty, try ½ teaspoon of salt per 32 oz. Some is better than not drinking at all.</i></p>		
Chicken Broth	<table border="0"> <tr> <td style="vertical-align: top;"> <p>Option 1:</p> <ul style="list-style-type: none"> • 4 cups water • 1 dry chicken broth cube • 2 tablespoons sugar </td> <td style="vertical-align: top;"> <p>Option 2:</p> <ul style="list-style-type: none"> • 2 cups liquid broth (not low sodium!) • 2 cups water • 2 tablespoons sugar </td> </tr> </table>	<p>Option 1:</p> <ul style="list-style-type: none"> • 4 cups water • 1 dry chicken broth cube • 2 tablespoons sugar 	<p>Option 2:</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 • ½ 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. Mix until well dissolved & smooth. Refrigerate. Solution should be thick, but pourable & drinkable. 		