



STAYING HYDRATED WITH ORAL REHYDRATION SOLUTION (ORS)

Being aware of your hydration status is important and ORSs may help prevent dehydration. The following ORS recipes provide an array of options. Ask your doctor if they're right for you.

Oral Rehydration Solution (ORS) Recipes

What is an ORS?

Oral rehydration solution (ORS) is a simple solution of salt, sugar, and water that is used to aid in dehydration due to diarrhea.

The Centers for Disease Control and Prevention (CDC) recommends ORS when a person is dehydrated. If ORS is not available, water, broth, and/or other fluids can be provided. Drinks with a high sugar content, such as juice or soft drinks, are not recommended because they could worsen diarrhea.

Importance of Hydration

SBS can put you at higher risk for dehydration, which can be a serious concern. Dehydration may also make you more at risk for infections and can damage your kidneys over time. SBS causes fluid and electrolyte abnormalities, which makes achieving adequate hydration difficult. It's important to consult your doctor when you notice signs of dehydration. This isn't a problem that should be ignored.

Signs and Symptoms of Dehydration

Monitor your fluid intake throughout the day. If you experience any of these symptoms, it may be a sign of dehydration:

- Rapid weight loss
- Diarrhea or stool output is higher than total fluid intake
- Urinating less frequently
- Dark colored urine
- Fatigue
- Lightheadedness or dizziness when standing
- Dry mouth
- Thirst

Basic ORS Recipes



Basic ORS Recipes

Recipes from the World Health Organization

Reduced Osmolarity Oral Rehydration Solution (Home Solution)

Need 1 liter container:

- ½ teaspoon table salt
- ¼ teaspoon salt substitute
- ½ teaspoon baking soda
- 2 tablespoons table sugar
- Add tap water to make 1 liter

Directions: Use household measuring spoons, not silverware, to measure the ingredients. To the 1 liter container, add about ½ of the needed water. Add the dry ingredients, stir or shake well; add the remaining water to make a final volume of 1 liter. Add artificial sweetener-based flavoring of choice if desired. Best if chilled. Sip as directed.

Discard after 24 hours.

Basic

- Use a 1 liter container:
- 4 ¼ cups water
- ½ teaspoon salt
- 2 tablespoons sugar

Optional: Low-calorie, sugar-free powder beverage mix to taste (especially lemonade or orange flavors)

This is not to be taken as medical advice. Ask your healthcare provider if these recipes, or any ORSs, are right for you and if volumes should be adjusted based on your specific fluid restrictions and needs.

Cereal-Based Recipes



Cereal-Based Recipes

Recipes from *A Patient's Guide to Managing a Short Bowel* By Carol Rees Parrish, MS, RD

Baby Rice Cereal

½ cup dry, precooked baby rice cereal

2 cups water

¼ teaspoon salt

Equates to ~¾ liter

Directions: Combine ingredients and mix until well dissolved and smooth. Refrigerate. Solution should be thick, but pourable.

Starch-Based ORS

1 liter water (4 ¼ cups)

8 ounces (approximately ½ pound) of mashed potatoes, boiled and cooled

½ teaspoon of table salt

¼ teaspoon of salt substitute

Equates to ~1¼ liters

Directions: Combine ingredients and mix until well dissolved and smooth. Refrigerate. Solution should be thick, but pourable.

This is not to be taken as medical advice. Ask your healthcare provider if these recipes, or any ORSs, are right for you and if volumes should be adjusted based on your specific fluid restrictions and needs.

Juice-Based Recipes



Juice-Based Recipes

Recipes from the Oley Foundation

Orange Juice

1 liter water (4 ¼ cups)

1 cup orange juice

8 teaspoons sugar

¾ teaspoon baking soda

½ teaspoon salt

Equates to ~1¼ liters

Directions: Combine and stir ingredients until well mixed and dissolved.

Tomato Juice

2 ½ cups tomato juice

1 ½ cups water

Equates to ~1 liter

Directions: Combine and stir ingredients until well mixed and dissolved.

Grape or Cranberry Juice

¾ cup juice

3 ¼ cups water

½-¾ teaspoon salt

Equates to ~1 liter

Directions: Combine and stir ingredients until well mixed and dissolved.

Apple Juice

¾ cup apple juice

3 ¼ cups water

½-¾ teaspoon salt

Equates to ~1 liter

Directions: Combine and stir ingredients until well mixed and dissolved.

This is not to be taken as medical advice. Ask your healthcare provider if these recipes, or any ORSs, are right for you and if volumes should be adjusted based on your specific fluid restrictions and needs.



Sports Drink-Based Recipes



Broth-Based Recipes

Sports Drink-Based Recipes

Recipes from *A Patient's Guide to Managing a Short Bowel* By Carol Rees Parrish MS, RD

Regular Sports Drink

1 ½ cups sports drink
2 ½ cups water
½ teaspoon salt
Equates to ~1 liter

Directions: Add salt and water to ready-to-drink sports drink and shake well.

Low-calorie Sports Drink

1 quart of ready-to-drink low-calorie sports drink
¼ to ½ teaspoon salt
Equates to ~1 liter

Directions: Add salt and water to ready-to-drink sports drink and shake well.

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Broth-Based Recipes

Recipes from *A Patient's Guide to Managing a Short Bowel* By Carol Rees Parrish MS, RD

Chicken, Beef, or Vegetable Broth (Cube)

4 cups water
1 dry broth cube
¼ teaspoon salt
2 tablespoons sugar
Equates to ~1 liter

Directions: Combine and stir ingredients until well mixed and dissolved.

Chicken, Beef, or Vegetable Broth

2 cups liquid broth
2 cups water
2 tablespoons sugar
Equates to ~1 liter

Directions: Combine and stir ingredients until well mixed and dissolved.

Miso Paste

7 teaspoons miso paste
1 tablespoon sugar
4 cups water
Equates to ~1 liter

Directions: Combine and stir ingredients until well mixed and dissolved.

This is not to be taken as medical advice. Ask your healthcare provider if these recipes, or any ORSs, are right for you and if volumes should be adjusted based on your specific fluid restrictions and needs.

Printer-friendly Recipes

These recipes are easy to print, cut out, and access for future reference.



Basic ORS Recipes

Recipes from the World Health Organization

World Health Organization Reduced Osmolarity Oral Rehydration Solution (Home Solution)

Need 1 liter container:

- ½ teaspoon table salt
- ¼ teaspoon salt substitute
- ½ teaspoon baking soda
- 2 tablespoons table sugar
- Add tap water to make 1 liter

Directions: Use household measuring spoons, not silverware, to measure the ingredients. To the 1 liter container, add about ½ of the needed water. Add the dry ingredients, stir or shake well; add the remaining water to make a final volume of 1 liter. Add artificial sweetener-based flavoring of choice if desired. Best if chilled. Sip as directed.

Discard after 24 hours.

Basic

Use a 1 liter container:

- 4 ¼ cups water
- ½ teaspoon salt
- 2 tablespoons sugar

This is not to be taken as medical advice. Ask your healthcare provider if these recipes, or any ORSs, are right for you and if volumes should be adjusted based on your specific fluid restrictions and needs.

Optional: Low-calorie, sugar-free powder beverage mix to taste (especially lemonade or orange flavors)

Juice-Based Recipes

Recipes from the Oley Foundation

Orange Juice

- 1 liter water (4 ¼ cups)
- 1 cup orange juice
- 8 teaspoons sugar
- ¾ teaspoon baking soda
- ½ teaspoon salt
- Equates to -1 1/4 liters

Directions: Combine and stir ingredients until well mixed and dissolved.

Tomato Juice

- 2 ½ cups tomato juice
- 1 ½ cups water
- Equates to -1 liter

Directions: Combine and stir ingredients until well mixed and dissolved.

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Grape or Cranberry Juice

- ¾ cup juice
- 3 ¼ cups water
- ½-¾ teaspoon salt

Equates to -1 liter

Directions: Combine and stir ingredients until well mixed and dissolved.

Apple Juice

- ¾ cup apple juice
- 3 ¼ cups water
- ½-¾ teaspoon salt

Equates to -1 liter

Directions: Combine and stir ingredients until well mixed and dissolved.

Cereal-Based Recipes

Recipes from *A Patient's Guide to Managing a Short Bowel*—By Carol Rees Parrish, MS, RD Baby Rice Cereal

- ½ cup dry, precooked baby rice cereal
- 2 cups water
- ¼ teaspoon salt
- Equates to -3/4 liter

Directions: Combine ingredients and mix until well dissolved and smooth. Refrigerate. Solution should be thick, but pourable.

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Starch-Based ORS

- 1 liter water (4 1/4 cups)
- 8 ounces (approximately ½ pound) of mashed potatoes, boiled and cooled
- ½ teaspoon of table salt
- ¼ teaspoon of salt substitute
- Equates to -1 1/4 liters

Directions: Combine ingredients and mix until well dissolved and smooth. Refrigerate. Solution should be thick, but pourable.

Sports Drink-Based Recipes

Recipes from *A Patient's Guide to Managing a Short Bowel*—By, Carol Rees Parrish MS, RD Regular Sports Drink

- 1 ½ cups sports drink
- 2 ½ cups water
- ½ teaspoon salt
- Equates to -1 liter

Directions: Add salt and water to ready-to-drink sports drink and shake well.

This is not to be taken as medical advice. Ask your healthcare provider if these recipes, or any ORSs, are right for you and if volumes should be adjusted based on your specific fluid restrictions and needs.

Low-calorie Sports Drink

- 1 quart of ready-to-drink low-calorie sports drink
- ¼ to ½ teaspoon salt
- Equates to -1 liter

Directions: Add salt and water to ready-to-drink sports drink and shake well.

Broth-Based Recipes

Recipes from *A Patient's Guide to Managing a Short Bowel*—By Carol Rees Parrish, MS, RD Chicken, Beef, or Vegetable Broth (Cube)

- 4 cups water
- 1 dry broth cube
- ¼ teaspoon salt
- 2 tablespoons sugar
- Equates to -1 liter

Directions: Combine and stir ingredients until well mixed and dissolved.

Chicken, Beef, or Vegetable Broth

- 2 cups liquid broth
- 2 cups water
- 2 tablespoons sugar
- Equates to -1 liter

Directions: Combine and stir ingredients until well mixed and dissolved.

Miso Paste

- 7 teaspoons miso paste
- 1 tablespoon sugar
- 4 cups water
- Equates to -1 liter

Directions: Combine and stir ingredients until well mixed and dissolved.

This is not to be taken as medical advice. Ask your healthcare provider if these recipes, or any ORSs, are right for you and if volumes should be adjusted based on your specific fluid restrictions and needs.

Remember to



SALTS,
SUGARS,
BAKING SODA



INCLUDE
WITH WATER



PROACTIVELY DRINK
THROUGHOUT
THE DAY

For more tips about
hydration and living
with SBS, visit
shortbowelsyndrome.com

Drinks with a high sugar content, such as juice or soft drinks, are not recommended because they could worsen diarrhea. The Centers for Disease Control and Prevention (CDC) recommends giving oral rehydration solution (ORS) to dehydrated patients. ORS is a simple solution of salt, sugar, and water that is used to aid in dehydration due to diarrhea.

This is not to be taken as medical advice. Ask your healthcare provider if these recipes, or any ORSs, are right for you and if volumes should be adjusted based on your specific fluid restrictions and needs.



“When I started understanding what I was living with, many things, like my struggles to stay hydrated, for example, came into focus.”

BETHANY, LIVING WITH SBS



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