

# Hydration

## Hydration (ORS) Recipes

Dehydration can be a risk for ostomates, as the main function of the large intestine is to absorb water. When dehydrated, this can cause issues with electrolytes and kidney function. Adding Oral Rehydration Solutions to your day can replace the electrolytes and fluids needed.

### World Health Organization recipe:

- 6 Level tsp sugar
- 1/2 tsp salt
- 1 liter water

### World Health Organization Reduced Osmolarity “Home Prepared” ORS

#### Ingredients

- 1/2 teaspoon salt
- 2 tablespoons plus
- 3/4 teaspoon sugar
- 1/2 teaspoon salt substitute (Morton’s)
- 1 1/4 teaspoons trisodium citrate dihydrate\*
- Water (to make 1 liter)

#### Instructions

1. To a one liter container, add about 1/2 the needed water.
2. Add the dry ingredients, stir well, then add the remaining water to make a final volume of one liter.
3. Add Nutrasweet or Splenda-based flavoring of choice if desired.

#### Nutrition

- Total sodium = 70 mEq
- Total potassium = 20 mEq
- Total carbohydrate = 27 g
- Osmolarity: 245 mOsm/L

### Hydration Tonic:

- 89% — clean, fresh water
- 9% — fresh juice/tea; something you like
- 2% — electrolyte source (raw vinegar, sea salt, electrolyte powder)
- 5-10% — Option: add ice, frozen fruit, herbs, or essential oils.
- If water drinking new to you, don't hesitate to add comfort drink (e.g. Diet Coke).

### Shield HealthCare:

- 4 cups of coconut water or water (or a mix of both)
- 1 cup freshly juiced/squeezed orange juice
- 1/2 cup of freshly juiced/squeezed lemon juice
- 6-8 tablespoons of sweetener (raw honey is best)
- 1/4 teaspoon unrefined salt

### Shield HealthCare:

- 32 oz. water
- 1 cucumber or orange, sliced (both with peel)
- 1 lemon sliced (with peel)
- 1/4 tsp. Himalayan sea salt or other unrefined sea salt
- Or Trace Mineral Drop

## Tips for Taking an ORS (Oral Rehydration Solution)

- Tastes best when cold.
- Sip throughout the day.
- Drink enough ORS where you are emptying at least one liter of urine from bladder every 24 hours.
- Freeze ORS within 24 hours or discard it.
- Make ORS ice cubes — this way it won't get diluted when chilling.
- Sip, don't gulp! Drinking too fast will make the fluid go through your system before it can hydrate properly

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The Colorectal Cancer Alliance is a national organization committed to ending colorectal cancer within our lifetime. We are your allies — a national network of passionate survivors, caregivers and advocates dedicated to helping you and your family navigate all aspects of the disease, from diagnosis and treatment to a lifetime of progression-free survival. We are a community of people eager to share experiences, address your concerns, and answer your questions. We understand the different stages of the colon cancer journey because we've been there. We are here for you when you need us because we believe tomorrow can't wait.

