

# What if...

## you get dehydrated?

## What is dehydration?

Dehydration occurs when you pass more fluids out of your body than you take in.

## What can cause dehydration?

- *An acute bout of diarrhoea caused by a tummy bug or food poisoning*
- *Drinking too much alcohol*
- *Hot and humid conditions which cause us to perspire more freely*

### Hints and tips

*The following exercises may help you to retrain your bowel control:*

- *Drink 1 litre of rehydration solution over 24 hours. Rehydration solutions are Dioralyte or Rehydrate powder dissolved in 1 litre of water in 24 hours. These are available from your pharmacy*
- *Drink Isotonic 'sport' drinks like Lucozade Sport - 1 litre in 24 hours. If you are a diabetic, use only the rehydration solutions from the pharmacist*
- *Take an extra teaspoon of salt in 24 hours. This can be achieved by putting more salt directly onto your food, or by adding extra salt to your cooking*
- *Bovril or Marmite can be made into a drink or spread on toast/bread*
- *Eat salted crisps or crackers with added salt such as Ritz*
- *Remember to continue to drink your normal daily amount of water, squash, fruit juices etc. in addition to the rehydration solutions. However you may wish to cut down on tea & coffee as both of these can increase dehydration.*

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- *Try not to eat & drink at the same time*
- *If you have been prescribed anti diarrhea medication remember to take it 45-60 minutes BEFORE food*
- *Inform your doctor if tablets or capsules are passing straight through into your pouch. Most anti diarrhea medicines are available in liquid form*
- *If you have any of the above symptoms and are feeling unwell, it is important to speak to your doctor or stoma care nurse without delay*

*The following recipe from The World Health Organisation can be made up in your own home:*

### *Oral Rehydration Solution*

- *1/3-2/3 of a teaspoon of salt*
- *3/4 of a teaspoon of bicarbonate of soda*
- *Juice of 1/2 an orange*
- *3 & 1/3 tablespoons of sugar*
- *1 litre (1 & 3/4 pints or 35 fluid ounces) of boiled or sterile water*

**Make up a fresh solution daily & discard any left after 24 hours.**