

## Dept of Colorectal Surgery West Middlesex University Hospital

### Electrolyte Mix (based on St Mark's Hospital Formula)

You have been prescribed Electrolyte Mix. You will need to make up the solution fresh each day. You will need to measure out the three ingredients using the spoon that you have been given. Measure **SIX** level 5ml spoonful of Glucose, **ONE** heaped 2.5 ml spoonful of the Sodium Bicarbonate (SOD BIC) and **ONE** level 5ml spoonful of the Sodium Chloride (SOD CHL) and dissolve in **1 litre** of tap water.

Drink ..... litre(s) of this mixture throughout the day.

You can buy the powders from any community pharmacy and some supermarkets. Sodium Chloride is table salt, which you will have in your home already. Sodium Bicarbonate is also known as Bicarbonate of Soda. They are cheaper to buy than to obtain on prescription, if you pay the charges. You can add some orange squash to the mixture to improve the flavour if you wish.

If you need to get these prescribed, please show your G.P. doctor this leaflet. They will need to be prescribed in the following way :

Formula:-	Glucose	20g	} Made up with
	Sodium Chloride	3.5g	} 1-litre tap water
	Sodium Bicarbonate	2-5g	} daily
Prescription:-	Glucose powder	.....g	
	Sodium Chloride powder	.....g	
	Sodium Bicarbonate powder	.....g	

If the prescription is written in this way, your community pharmacist can claim for these items and will be able to supply them to you.

If you have any problems please contact the Stoma Care Nurses at West Middlesex University Hospital on 020-8321-5822.

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