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## Ileostomy hydration solution (IHS)

After an ileostomy is formed, many people struggle with dehydration, thirst and electrolyte imbalances (especially sodium and magnesium), especially for the first 6-8 weeks after the ileostomy was created. To prevent this from occurring, all patients with new ileostomies must drink 1 litre of the IHS each day. This drink must be consumed for the first 8 weeks after ileostomy formation, whilst the bowel adapts to being a shorter length. People with high output ileostomies can continue with this drink for as long as required.

Taking IHS is preferred to other oral rehydration solutions due to taste, cost and higher sodium and magnesium content. IHS must be made at home - it cannot be brought from a pharmacy.

Ingredients	Amount	Available to buy from:
Water (Tap/bottled)	1 litre	
Salt (NaCl)	¾ teaspoon (4g)	Supermarket
*Citric acid (found in most supermarkets in the baking section)	½ teaspoon (2g)	Supermarket
*Sodium bicarbonate (baking soda)	¼ teaspoon (2g)	Supermarket
Glucose (not sugar)	6 level teaspoons (24g)	Pharmacy
Slow Mag fizzy	1 Tablet	Pharmacy
<b>Optional:</b> SUGAR FREE cordial such as Slimsy® or LowCal® (Ruby Grapefruit or Berry flavours works well)	To taste	Supermarket

\*If Sodium Citrate available (Hospital pharmacy), use 2 g Sodium Citrate INSTEAD of citric acid and sodium bicarbonate.

Mix all ingredients in a 1l jug.

This drink taste best when cold, so keep refrigerated.

- You can either store it in 2x 500 ml bottles – drink 1 x 500 ml bottle in the morning and 1 x 500 ml bottle in the afternoon/evening.
- Or, store in a 1l bottle and pour small amounts into a glass throughout the day.

IHS should be sipped during the course of the day, as this will help to increase absorption of water and electrolytes.

TIP: IHS can also be frozen into ice cubes, or frozen in a plastic bottle. Then sip is slowly as the ice melt. This may help for people who are very thirsty or those who drink the IHS too quickly.

Discard unused mixture after 24 hours.