Note: These resources are meant to provide practical information for the Nutrition Support Clinician working with the adult patient. The information provided here is meant as a guide only and may be specific to UVA Health. It should not replace any guidance or instructions from an individual provider or institution. Patients should talk to their healthcare provider for individualized recommendations.

Homemade Oral Rehydration Solutions

Recipes below are from the patient guidebook, "A Patient's Guide to Managing a Short Bowel," where many more recipe options are available. To order a free copy, go to: https://www.shortbowelsyndrome.com/sign-up

Homemade Oral Rehydration Solution Recipes		
Base Beverage	Recipe	
Water	• 4 cups of water • ½ teaspoon table salt • 2 Tablespoons sugar • Optional: Crystal Light® to taste	
Gatorade® G2	• 4 cups Gatorade® G2 (or one, 32 ounce bottle) • ½ teaspoon table salt ****if it is too salty, try ½ teaspoon of salt per 32 oz. Some is better than not drinking at all.*	
Chicken Broth	**Option 1**: • 4 cups water • 1 dry chicken broth cube • 2 tablespoons sugar	**Option 2**: • 2 cups liquid broth (not low sodium!) • 2 cups water • 2 tablespoons sugar
Tomato Juice	• 2 ½ cups plain tomato juice (not V8 or bloody mary mix) • 1 ½ cups water	
Cranberry Juice	• ¾ cup juice • 3 & ¼ cups water • ½ teaspoons table salt	
Cereal-Based	• ½ cup dry baby rice cereal, cooked • 2 cups water • ¼ teaspoon table salt • Combine ingredients. Mix until well dissolved & smooth. Refrigerate. Solution should be thick, but pourable & drinkable.	