

Patient information

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This information can be provided in a different language or format (e.g. large print, Braille or audio version) on request.

Electrolyte mix (also known as St Mark's solution)

Patient's name Date

Instructions

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 scoops or spoons you have been given.

Measure

- 6 level 5ml spoonfuls of glucose
- 1 heaped 2.5ml spoonful of sodium bicarbonate
- 1 level 5ml spoonful of sodium chloride

Dissolve this in 1 litre of tap water

How much to take

You will need to drink litre(s) of this mixture throughout the day.

How to obtain further supplies

You can buy the powders from any community pharmacy and some supermarkets. They are cheaper to buy than to obtain on prescription, if you pay the charges.

Sodium chloride is table salt which you may have in your home already (**do not** use Lo-salt or other low sodium alternatives).

Sodium bicarbonate is also known as bicarbonate of soda.

Glucose powder is also easily available (the glucose powder from a chemist may have smaller granules than from a supermarket but it is still acceptable).

Prescription preparation

If you need to get these prescribed, please show your GP this leaflet.

They will need to be prescribed in the following way:

St Mark's electrolyte mix

Formula:

Glucose	20g
Sodium chloride	3.5g
Sodium bicarbonate	2.5g

Mitte:

Glucose powder	<input type="text"/>	g
Sodium chloride powder	<input type="text"/>	g
Sodium bicarbonate powder	<input type="text"/>	g

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

If you have any problems please contact the pharmacy department at Basildon University Hospital on **01268 593788**
Monday - Friday 9am - 5pm.

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The Trust will not tolerate aggression, intimidation or violence.

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