

## ORAL REHYDRATION SALT

### Dehydration

Dehydration occurs when water intake is not enough to replace free water lost due to normal physiologic processes, including breathing, urination, and perspiration, or other causes, including diarrhea and vomiting. Dehydration can be life-threatening when severe and lead to seizures or respiratory arrest, and also carries the risk of osmotic cerebral edema if rehydration is overly rapid.

### Treatment

Correction of a dehydrated state is accomplished by the replenishment of necessary water and electrolytes (through oral rehydration therapy or fluid replacement by intravenous therapy). As oral rehydration is less painful, less invasive, less expensive, and easier to provide, it is the treatment of choice for mild dehydration. Solutions used for intravenous rehydration must be isotonic or hypertonic. Pure water injected into the veins will cause the breakdown (lysis) of red blood cells (erythrocytes).

**ORS section in National Institute of Health, Islamabad** manufacture Oral Rehydration Salt new formula of WHO (World Health Organization).

### Composition

Sodium Chloride	2.60g
Potassium Chloride	1.50g
Tri-sodium Citrate Di-hydrate	2.90g
Glucose Anhydrous	13.50g

### Directions

Dissolve one sachet of ORS in one-liter clean water. Do not boil the solution or mix anything. Use the solution within 24 hours.

### Dosage and Administration

Infants:	One liter over 24 hours' period
Children:	One liter over 8 to 24 hours' period.
Adults:	Drink freely as required (Two to four liters during 24 hours).

### Contraindications

ORT should be discontinued and fluids replaced intravenously when vomiting is protracted despite proper administration of ORT, signs of dehydration worsen despite giving ORT, the person is unable to drink due to a decreased level of consciousness, or there is evidence of intestinal blockage or ileus. ORT might also be contraindicated in people who are in

hemodynamic shock due to impaired airway protective reflexes. Short-term vomiting is not a contraindication to receiving oral rehydration therapy. In persons who are vomiting, drinking oral rehydration solution at a slow and continuous pace will help the vomiting to resolve.

**Caution**

- 1- To be taken orally according to age or as directed by physician.

**Packing, Expiry and Storage**

ORS is packed in A 20g sachet having a shelf life of 2 years.

It should be stored in a cool, dry and dark place between 15°C to 30°C.