St Mark's Solution

St Mark's solution (also known as St Mark's Electrolyte mix or E-mix) is a glucose based oral rehydration solution and is not commercially available. It is prepared by mixing specific quantities of glucose, sodium bicarbonate (or sodium citrate) and salt with tap water.	
Form	**All ingredients are available from Kitchens in CUH** • 20g (six level 5mL spoonfuls) of **glucose powder** • 2.5g (one heaped 2.5mL spoonful) of **sodium bicarbonate** powder (baking soda)* • 3.5g (one level 5mL spoonful) of **sodium chloride** (table salt) • 1 Litre of cold tap water to dissolve the powders *If the sodium bicarbonate is not tolerated due to a taste (bitter or salty) or unavailable, then the same quantity of sodium citrate can be substituted instead.
Preparation	The solution must be prepared freshly every day. Measuring spoons should be used to measure out the ingredients. The solution is prepared by allowing each of the powders to dissolve in the water.
Administration	**Oral administration**
	The prescribed volume of prepared solution should be sipped slowly throughout the day for maximum absorption, and not all at once. Approximately one litre per day may be necessary to maintain hydration but this can vary. Tolerance to their prescribed volume will be built slowly.
	Storage
	The prepared solution can be stored at room temperature or in the fridge. It should be discarded 24 hours after it is first prepared. A fresh solution should be prepared each day.
Additional Information	• Using St Mark's electrolyte solution – SPS - Specialist Pharmacy Service – The first stop for professional medicines advice • Patients should avoid drinking plain water when they are thirsty. This should be substituted with St Mark's solution instead. • Commercially available oral rehydration products generally contain potassium as well as having a lower concentration of sodium. • Consult dieticians prior to use

Last updated 4/12/2025