

### **Electrolyte Mix (St. Mark's Hospital Formula)**

Formula	Glucose	20g	)	
	Sodium Chloride	3½g	)	made up to one litre with tap water
	Sodium Bicarbonate	2½g	)	

You can buy the powders from any community pharmacy and some supermarkets. Sodium Chloride is table salt which you may have in your home already. Sodium Bicarbonate is also known as Bicarbonate of Soda. They are cheaper to buy than to obtain on prescription (if you pay prescription charges).

If you need to get these prescribed, please show your GP doctor this leaflet – the items will need to be prescribed as above. You will need to make up the solution fresh each day.