### Oral rehydration salts

**Section:** 17. Gastrointestinal medicines  >  17.5. Medicines used in diarrhoea  >  17.5.1. Oral rehydration

| **Indication** | Diarrhoea  
| **ICD11 code:** MG31 |
| **Medicine type** | Chemical agent |
| **List type** | Core |
| **Additional notes** | Trisodium citrate dihydrate may be replaced by sodium hydrogen carbonate (sodium bicarbonate) 2.5 g/L. However, as the stability of the latter formulation is very poor under tropical conditions, it is recommended only when manufactured for immediate use. |
| **Formulations** | Powder for dilution in 200 mL, 500 mL, 1 L:  
- glucose 75 mEq  
- sodium 75 mEq or mmol/L  
- chloride 65 mEq or mmol/L  
- potassium 20 mEq or mmol/L  
- citrate 10 mmol/L  
- osmolarity 245 mOsm/L  
- glucose 13.5 g/L  
- sodium chloride 2.6 g/L  
- potassium chloride 1.5 g/L  
- trisodium citrate dihydrate 2.9 g/L |
| **EML status history** | First added in 1977 (TRS 615)  
Changed in 1984 (TRS 722)  
Changed in 2003 (TRS 920)  
Changed in 2007 (TRS 950) |
| **Sex** | All |
| **Age** | Also recommended for children |
| **Therapeutic alternatives** | The recommendation is for this specific medicine |
| **Patent information** | Patents have expired in most jurisdictions  
Read more about patents. |
| **Wikipedia** | Oral rehydration salts |

### Summary of evidence and Expert Committee recommendations

The EMLc Subcommittee endorsed the inclusion of oral rehydration salts on the EMLc for use in the management of diarrhoea.