## Oral rehydration salts

**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)

**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

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**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.