

# Emergency Regimen recipes: Children 2 years and over 20% carbohydrate drinks

## Water recipe\* – Small volume

40g or 8 level pink scoops of Maxijul or SOS powder  
Cooled boiled water to 200ml

Or

## Water recipe\* – Large volume

200g or 7 big blue level scoops Maxijul or SOS powder  
Cooled boiled water to 1000ml

Or

## SOS recipe\*

1 Sachet of SOS 20  
Cooled boiled water to 200mls

Or

## Oral rehydration solution recipe\*

1 sachet of Dioralyte  
35g or 7 level pink scoops of Maxijul or SOS powder  
add 200ml cooled boiled water

*\*Sugar free squash can be used to flavour these drinks but it must be added before the water, i.e. add maxijul/SOS powder, then add sugar free squash, and then add water to the amount advised.*

### Suggested drink volumes:

#### **Age 2 years: aim 1200ml in 24 hours**

Give 100ml every 2 hours or 150ml every 3 hours day and night

#### **Age 3 and 4 years: aim 1300ml to 1400ml in 24 hours**

Give 110ml every 2 hours or 170ml every 3 hours day and night

#### **Age 5 and 6 years: aim 1500ml to 1600ml in 24 hours**

Give 130ml every 2 hours or 200ml every 3 hours day and night

#### **Age 7 and 8 years: aim 1700ml in 24 hours**

Give 145ml every 2 hours or 220ml every 3 hours day and night

#### **Age 9 years: aim 1800ml in 24 hours**

Give 150ml every 2 hours or 225ml every 3 hours day and night

If the above are refused please use the recipes overleaf to give alternative 20% drinks

## **Alternative Emergency Regimen drinks:**

### **How to make 20% carbohydrate drinks (20g carbohydrate per 100ml) from commercial drinks**

**Look at the nutrition information label per 100ml,**

- ✓ **If 4 to 8g carbohydrate per 100ml:**  
Add 3 level pink scoops Maxijul or SOS powder per 100ml
- ✓ **If 9 to 12g carbohydrate per 100ml:**  
Add 2 level pink scoops Maxijul or SOS powder per 100ml
- ✓ **If 13 to 16g carbohydrate per 100ml:**  
Add 1 level pink scoop Maxijul or SOS powder per 100ml
- ✓ **If 17 to 20g carbohydrate per 100ml – can be used without any additions**

**PLEASE NOTE: Low calorie drinks e.g.: Diet, Lite, No added sugar, Tooth kind, Sugar free should not be substituted for sugary drinks because they are too low in energy. Artificial sweeteners do not provide calories. The sugar content of commercial drinks can change! Always check the label (home and abroad).**