

Emergency Regimen recipes: For children over 10 years 25% carbohydrate

Water recipe* – Small volume

50g or 10 level pink scoops of Maxijul or SOS powder
made up to 200ml with cooled boiled water.

Or

Water recipe* – Large volume

250g or 9 level big blue scoops of Maxijul or SOS powder
made up to 1000ml with cooled boiled water.

Or

SOS recipe*

1 sachet of SOS 25
Water to 200mls

Or

Oral rehydration solution recipe*

1 sachet of Dioralyte
add 200ml cooled boiled water
add 50g or 10 level scoops of Maxijul or SOS powder

**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 10 years: aim 1800ml in 24 hours

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

Age 11, 12 and 13 years: aim 2000ml in 24 hours

Offer 170ml every 2 hours or 250ml every 3 hours day and night

Age 14 and 15 years: aim 2200ml in 24 hours

Offer 185ml every 2 hours or 275ml every 3 hours day and night

Age 16 years and over: aim 2400ml in 24 hours

Offer 200ml every 2 hours or 300ml every 3 hours day and night

If the above are refused please use the below to give alternative drinks

Alternative Emergency Regimen drinks:

How to make 25% carbohydrate drinks (25g carbohydrate per 100ml) from commercial drinks

Look at the nutrition information label per 100ml:

- ✓ **If 4 to 8g carbohydrate per 100ml:**
Add 4 level pink scoops Maxijul or SOS powder per 100ml
- ✓ **If 9 to 12g carbohydrate per 100ml:**
Add 3 level pink scoops Maxijul or SOS powder per 100ml
- ✓ **If 13 to 16g carbohydrate per 100ml:**
Add 2 level pink scoops Maxijul or SOS powder per 100ml
- ✓ **If 17 to 20g carbohydrate per 100ml:**
Add 1 level pink scoop Maxijul or SOS powder per 100ml

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).