

Emergency Regimen: for 10-16 year olds

25% Carbohydrate Recipes

(once made, store at the back of the fridge and use within 24 hours; shake before use)

SOS recipe

1 sachet of SOS 25 (52g)

Add water to 200ml

Or

Oral rehydration solution recipe (12 % Carbohydrate Recipe)***

1 sachet of Dioralyte (4.1 g)

5 white scoops of SOS 25 powder (21.5 g)

Add water to 200 ml

*Sugar-free squash can be added to flavour these drinks but it must be added before the water (add SOS 25 powder then add sugar free squash and then add water to the amount advised).

**If your child is vomiting and/or has diarrhoea, the oral rehydration solution recipe should be used. Please note that this recipe contains less carbohydrate than the other recipes in the Emergency Regimen so if vomiting and/or diarrhoea persists, you should bring your child to the local hospital for medical assessment and intravenous Dextrose.

Recommended minimum feed volumes:

Age	Recommended minimum feed volumes:
10 years	300ml every 4 hours or 440ml every 6 hours day and night
11, 12 and 13 years	340ml every 4 hours or 500ml every 6 hours day and night
14 and 15 years	360ml every 4 hours or 540ml every 6 hours day and night
16 years	400ml every 4 hours or 600ml every 6 hours day and night

If the above are refused please see the alternative 25 % Carbohydrate drink recipes overleaf.

Alternative Emergency Drinks:

How to make 25 % carbohydrate drinks from commercial drinks:

Look at the nutritional label per 100 ml

- If 4 to 8 g of carbohydrate per 100 ml: e.g. cows milk
Add 1 big blue scoop and 5 white scoops of SOS 25 (49.1g) to every 200 ml of drink
- If 9 to 12 g of carbohydrate per 100 ml: e.g. some fizzy drinks, some juices
Add 1 big blue scoop and 2 white scoops of SOS 25 (36.2g) to every 200 ml of drink
- If 13-16 g of carbohydrate per 100 ml: e.g. some energy drinks
Add 1 big blue scoop of SOS 25 (27.6g) to every 200 ml of drink
- If 17-20 g of carbohydrate per 100 ml: e.g. some energy drinks
Add 4 white scoops of SOS 25 (17.2g) to every 200 ml of drink

Low calorie drinks such as Diet, Lite, Toothkind, sugar free should not be substituted for sugary drinks because they are too low in energy. Artificial sweeteners do not provide calories. Always check labels as products frequently change.