

## Emergency Regimen: for 2-10 year olds

### 20% 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 20 (42 g)

Add water to 200ml

Or

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

1 sachet of Dioralyte (4.1 g)

5 white scoops of SOS 20 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 20 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:
2 years	150ml every 3 hours day and night
3 and 4 years	170ml every 3 hours day and night
5 and 6 years	200ml every 3 hours day and night
7 and 8 years	270ml every 4 hours or 420ml every 6 hours day and night
9 years	300ml every 4 hours or 440ml every 6 hours day and night

**If the above are refused please see the alternative 20 % Carbohydrate drink recipes overleaf.**

## Alternative Emergency Drinks:

How to make 20 % 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 1 white scoop of SOS 20 (31.9 g) to every 200 ml of drink
- If 9 to 12 g of carbohydrate per 100 ml: e.g. some fizzy drinks, some juices  
Add 5 white scoops of SOS 20 (21.5 g) to every 200 ml of drink
- If 13-16 g of carbohydrate per 100 ml: e.g. some energy drinks  
Add 3 white scoops of SOS 20 (12.9 g) to every 200 ml of drink
- If 17-20 g of carbohydrate per 100 ml: e.g. some energy drinks  
These can be used and do not need anything added.

**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.**