

## Oral Electrolyte Powder

*Each 4g (approximately 1 teaspoon) of powder contains:*

*Sodium 5.57 mmol, potassium 1.34 mmol, chloride 2.48 mmol, citrate 1.36 mmol, phosphate 0.34 mmol and glucose 3.38 grams*

### What does it do?

A salt supplement which is used to replace sodium lost by sweating.

### How is it taken?

**Oral Electrolyte Powder is usually taken once or twice daily mixed with water or another fluid.** Your doctor or dietitian may recommend changing the dose to accommodate activities or seasons (e.g. during summer) when there may be increased sweating, or when changes in eating habits or diet may occur. Your doctor or dietitian will decide how long you or your child should continue taking oral electrolyte powder.

If you forget to give a dose, give the missed dose as soon as you remember, then give the next dose at the time it is normally due. If it is almost time for the next dose, skip the dose you missed and take your next dose when you are meant to.

### Where do I get it?

Oral Electrolyte Powder may be dispensed at the **RCH pharmacy** department on presentation of a valid prescription written by a doctor at RCH.

### How do I store it?

All medicines should be stored out of the reach of children

The powder should be stored at room temperature (below 25°C) away from humidity

The powder should be kept in the pack until it is time to take the dose.

### What side-effects may I experience?

All medicines can cause some side effects. If they occur, most are likely to be minor and temporary. However, some may be serious. Check with your doctor as soon as possible if you think you or your child is experiencing any side effects or allergic reactions from this medicine that are troublesome or ongoing. Some side effects can occur if you take this medicine with certain other medicines, including over-the-counter or herbal medicines. Always tell your pharmacist about any medicines you or your child are taking.

**Stop using this medicine and contact a doctor or emergency department if signs of an allergic reaction occur. These may include:**

An unexplained increase in wheezing, difficulty breathing or swallowing, fainting, swelling or bleeding of the lips or tongue, severe itchy or blistering rash (hives).

The information contained in this leaflet is intended to support not replace discussion with your doctor or health care professionals.

ASK YOUR PHARMACIST ANY QUESTIONS YOU MAY HAVE ABOUT THIS MEDICINE

For further information, contact The Royal Children's Hospital Drug Information Centre on 03 9345 5208.

The authors of these medicine information handouts have made considerable effort to ensure the information is accurate, up to date and easily understood.

The Royal Children's Hospital accepts no responsibility for any inaccuracies, information perceived as misleading, or the success of any treatment regimen detailed in the handouts.