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Emergency Regimen (20% Carbohydrate)

For children over 2 years of age

This emergency regimen should be given if your child becomes unwell e.g. diarrhoea, vomiting, high temperature or any illness associated with loss of appetite.

- Give the emergency regimen of regular glucose polymer drinks
- Drinks should be given every 2 hours (day & night)
- If your child does not tolerate the emergency regimen contact your doctor or the hospital as soon as possible.
- After 24 hours of being on the emergency regimen the usual diet can be reintroduced, taking extra glucose polymer drinks during the day until the normal diet is resumed.
- If your child is still unwell after 24 hours contact your local hospital.

Feeding volumes

(The volume given will increase as your child's weight increases)

9kg =	90ml every 2 hours day and night
13kg =	100ml every 2 hours day and night
15kg =	110ml every 2 hours day and night
17kg =	120ml every 2 hours day and night
20kg =	130mls every 2 hours day and night
24kg =	140mls every 2 hours day and night
28kg =	150mls every 2 hours day and night
above this weight, give 150 – 200mls every 2 hours day and night	

Recipes

Recipe using S.O.S - 20 powder

This is made up according to the instructions on the box.

1 sachet of S.O.S -20 is made up to 200ml with water, sugar free squash or diet soft drinks.

If you would like to make it up with fruit juice or regular (not diet) squash/soft drink then 1 sachet of SOS is made up with 400ml of juice, soft drink or squash.

Lucozade Energy is fine to use without any SOS powder added

Recipe using Maxijul* powder

(always use level scoops)

Smaller volume recipe

7 yellow scoops of **Maxijul**

made up to **150ml** using cooled, boiled water.

or 132g sachet Maxijul
made up to 600ml using cooled, boiled water.

or 200ml fruit juice
+ 4 yellow scoops of Maxijul

Larger volume recipe

5 big blue scoops **Maxijul**

made up to **600ml** using cooled, boiled water

or Lucozade Energy

Recipe using Dioralyte

(this might be prescribed for an illness where diarrhoea is present)

1 sachet Dioralyte

200ml cooled, boiled water

4 yellow scoops of Maxijul or 4 yellow scoops of powder from the SOS sachet

Give volumes according to weight (see previous page)

* Polycose, Caloreen, Vitajoule, Polycal are alternatives to Maxijul