SODIUM CONTENT IN HOME-MADE ORAL REHYDRATION SOLUTION COLLECTED FROM DIFFERENT PROJECTS IN BANGLADESH

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Oral rehydration solution (ORS) prepared at home has been advocated for the prevention and treatment of dehydration due to watery diarrhoea. One continuing concern, however, is the variation in concentrations of glucose and electrolytes, especially sodium which may cause hypo- or hypernatraemia in patients of the paediatric age group.

Since 1978, the Biochemistry Laboratory at ICDDR, B has been involved in testing the sodium content of ORS collected from six projects located in various parts of Bangladesh. These projects has set different standards for the electrolyte content of ORS, the ingredients were obtained from various sources, and training provided also differed. The solutions collected for testing were obtained from two weeks to up to two years after training. The percent of solutions high in sodium content (> 120 mEq/l) ranged from 1.4% to 20% and the coefficients of variation ranged from 2% to 24%. While no single factor could be identified as the principal determinant of solution safety, important considerations were accuracy and replicability of the measurement of water and quality of training.

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