



Gloucestershire Hospitals
NHS Foundation Trust

St Mark's formula electrolyte solution

Introduction

This leaflet provides information for patients who have been advised by the hospital to use St Mark's formula electrolyte solution. Instructions for making the solution and how to get the ingredients needed are also included.

About St Mark's formula electrolyte solution

The solution is a drink that is used to replace fluid and electrolytes lost through high output stomas or enterocutaneous fistulas. Electrolytes are natural substances found in the body which need to be kept in balance to maintain good health. They include sodium, chloride and bicarbonate.

St Mark's solution is easily absorbed in the bowel to improve your hydration and is often given to patients whose bowel cannot absorb other fluids well. Your doctor will advise you how much normal fluid you can drink in addition to your St Mark's solution. It is important to keep to this advice.

Details to be filled in by hospital staff

Patient's name: _____

Date: _____

Daily intake St Mark's formula electrolyte solution: _____
litres

Daily intake other fluids: _____litres

Making up St Mark's formula electrolyte solution

Use a double ended medicine spoon to measure the amounts into a measuring jug. Make up a fresh solution every day with:

Ingredient	Amount
Sodium bicarbonate powder	1 heaped 2.5ml spoonful (2.5g)
Glucose powder	6 times level 5ml spoonfuls (20g)
Table salt (Sodium Chloride)	1 level 5ml spoonful (3.5g)
Add squash for flavouring if wanted. Make up to a total volume of 1 litre using fresh tap water. Stir well until all the powder is dissolved.	

The taste of the solution may be salty and can be improved by keeping it chilled or by adding a small amount of fruit squash (lemon or lime flavouring is most effective).

Any flavouring used must be added before making up to a total volume of 1 litre.

The solution should be sipped throughout the day to meet the prescribed amount. If you are unable to manage the full amount of the solution, then please contact the person who prescribed it for advice. The solution can be stored at room temperature or in the fridge. Any unused solution should be discarded after 24 hours.

Obtaining Ingredients

You can buy the ingredients from your local pharmacy or supermarket.

Sodium bicarbonate powder is the same as bicarbonate of soda or baking soda. Ensure that you use table salt and not any of the other varieties of salt that have larger crystals.

Your GP might be able to prescribe the glucose powder if you struggle to buy this.

Contact information

Stoma Care Team

Gloucestershire Royal Hospital

Tel: 0300 422 6702

Monday to Friday, 8:00am to 4:00pm

Stoma Care Team
Cheltenham General Hospital

Tel: 0300 422 4363

Monday to Friday, 8:00am to 4:00pm

If your call is not answered on the above numbers, please leave your name, contact details and a brief message. Your query will be dealt with the next working day or at the first opportunity.

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Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.

Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation.

***Ask 3 Questions** is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial.

Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>



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