



# St. Mark's Solution

## A patient's guide

### What is St. Mark's Solution

St Mark's solution is a glucose-electrolyte solution, also known as an **oral rehydration solution**. This solution is used in the management of Short Bowel Syndrome. Short Bowel Syndrome is a **malabsorption disorder caused by a lack of functional small intestine length**. The main symptom of Short Bowel Syndrome is diarrhoea or increased stoma output, which can result in dehydration, electrolyte derangement, malnutrition and weight loss. Most patients will require fluid, electrolyte and nutrient supplementation, and some patients may require intravenous fluids and / or supplementary tube or intravenous feeding to ensure that they are meeting their nutrition and hydration requirements. Oral rehydration solutions can help decrease the need for these interventions by helping maintain an adequate fluid balance by **increasing your appropriate fluid intake** and **improving the absorption of nutrients and electrolytes**.

### How to make St. Mark's Solution

It has been recommended by your doctor or dietitian that you should drink \_\_\_\_\_ litre/s of St. Mark's solution a day.

#### Ingredients for 1 litre of St. Mark's Solution

Glucose powder	20g	6 teaspoons
Table salt (sodium chloride)	3.5g	1 level 5mL teaspoon
Sodium bicarbonate or sodium citrate	2.5g	Heaped 2.5mL teaspoon

- Dissolve all the above ingredients with 1 litre of cold tap water.
- Sip the prescribed amount throughout the day.

Note – the solution must be thrown away after 24 hours and a fresh solution should be prepared on a daily basis.

In order to improve the solution's palatability try:

- Adding a small amount of cordial/squash or fruit juice. Ensure that you only add this once when making up the solution rather than to each individual glass. This is to ensure that solution continues to have a high salt content and is not diluted by the added fluid.
- Storing the solution in a fridge and drinking it from chilled.
- Freezing the solution and consuming as a 'slush'.
- Sip through a straw



## Managing your stoma output

There are a number of reasons your stoma output may increase. These could be due to:

- Diet
- Drinking too much ordinary fluid (for example tea, coffee, water, fizzy drinks, fruit juice)
- Medication
- Becoming clinically unwell

It is important to be aware that in hot weather you may sweat more and as a result, lose more fluid and become dehydrated. **You may need to drink more St Mark's solution in order to replace these losses.**



You can reduce your output by

- Drinking your recommended amount of St. Mark's Solution
- Reducing your fibre intake
- Increasing your salt intake (try eating salted crisps)
- Drink a maximum of 1 litre (6 cups) of ordinary fluids a day

**If you have any concerns about your stoma output speak to your doctor, nurse or dietitian.**

### Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whithealthPALS@nhs.net](mailto:whh-tr.whithealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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