

# RESTORE O.R.S.

Rehydration for Adults and Children

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## Consumer Medicine Information

**TO TREAT AND PREVENT DEHYDRATION DUE TO DIARRHOEA AND TRAVELLER'S GASTROENTERITIS IN CHILDREN AND ADULTS. IF CONDITION WORSENS OR DIARRHOEA PERSISTS OR THE CHILD HAS DECREASED URINARY OUTPUT, SEEK MEDICAL ADVICE.**

*Age of Child*

*Additional Directions*

### **Under 6 months**

Medical advice should be sought if diarrhoea persists for more than 6 hours

### **Under 3 years**

Medical advice should be sought if diarrhoea persists for more than 12 hours

### **3 - 6 years**

Medical advice should be sought if diarrhoea persists for more than 24 hours

### **Over 6 years**

Medical advice should be sought if diarrhoea persists for more than 48 hours

Empty one sachet into 200 mL of fresh drinking water and stir to dissolve.

For infants or where fresh drinking water is not available, use freshly boiled and cooled water. Do not boil the solution once it is made up.

**Do not add sugar, soft drinks, sweeteners or other fluids to Restore O.R.S.**

Reconstituted solution may be stored in a fridge for up to 24 hours. Otherwise, unused solution should be discarded within one hour.

**PREVENTION AND TREATMENT OF DEHYDRATION IN INFANTS AND CHILDREN UP TO 10 YEARS:**

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**Dosage: For prevention of dehydration**

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*Age of Patient*

*Amount of Restore O.R.S.*

### **Under 6 months**

1/2 to 1 sachet every 4-6 hours

### **6-24 months**

1 sachet every 3-4 hours

### **2-5 years**

1-2 sachets every 3-4 hours

### **5-8 years**

2 sachets every 3-4 hours

### **8-10 years**

1 sachet every 1-2 hours

**Diet:** Limit food if desired on day 1 but introduce normal diet gradually from day 2 whilst reducing the amount of Restore O.R.S.

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**Dosage: For treatment of dehydration - To be given over 6 hours on medical advice**

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*Age of patient*

*Amount of Restore O.R.S.*

### **Under 6 months**

1-2 sachets over 6 hours

### **6-24 months**

2-4 sachets over 6 hours

### **2-5 years**

4-5 sachets over 6 hours

### **5-8 years**

4 1/2 - 7 1/2 sachets over 6 hours

### **8-10 years**

5-10 sachets over 6 hours

After 6 hours, fluid replacement should be given at the same rate as for prevention of dehydration.

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## SPECIAL INSTRUCTIONS

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- 1. If breastfeeding, first give Restore O.R.S. as recommended and then breastfeed until baby is satisfied.**
- 2. If not breastfeeding, give Restore O.R.S. in place of milk formula or other drinks.**

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## Prevention and treatment of dehydration in adults and older children:

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**Child 10-12 years:** 1-2 sachets every hour (up to 6-12 sachets in 24 hours)

**Adults and children over 12 years:** 1 or 2 sachets after every loose motion (up to 8-12 sachets in 24 hours)

Limit food if desired on day 1 but introduce normal diet gradually from day 2 whilst reducing the amount of Restore O.R.S.

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## DIARRHOEA AND ORAL REHYDRATION

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Diarrhoea may be due to a number of conditions and can result in loss of fluids and salts from the body. This can be particularly dangerous in babies and small children as they can be dehydrated very quickly.

Therefore, it is important to replace the lost fluid with a balanced mix of glucose and salts in water. Restore O.R.S. contains glucose and salts to aid in preventing dehydration.

### *DISTRIBUTED BY*

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