

<b>Document Title:</b>	<b>St. Mark's Solution Instructions wards</b>		
<b>Document Purpose:</b>	To inform nursing staff of indication, and how to make up the solution		
<b>Document Statement:</b>			
<b>Document Application:</b>	All Clinical Areas		
<b>Responsible for Implementation:</b>	Nutrition Support Team, Pharmacy, Staff nurses		
<b>Main imperatives of this document are:</b>			
<b>Document Classification:</b>	Clinical Practice	<b>Document Reference:</b>	CP/GU/00058
<b>Version Number:</b>	4.0	<b>Secondary Reference:</b>	PH-CP-8
<b>Issued by:</b>	Medicines Information	<b>Effective Date:</b>	June 2012
<b>Author:</b>	Nutrition Support Team Pharmacist	<b>Review Date:</b>	November 2020
<b><u>Associated Documents</u></b>			
<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> </ol>			
<b>APPROVAL RECORD</b>			
<b>Validated by Facilitator:</b>	Risk and Document Control Manager	<b>Date: November 2017</b>	
<b>Agreed by Specialist Group:</b>	Nutrition Support Team	<b>Date: August 2017</b>	
<b>Agreed by Board Sub-Committee:</b>		<b>Date:</b>	
<b>Approved by Board Committee:</b>		<b>Date:</b>	
<b>Approved:</b>	Medicines Management Committee	<b>Date: September 2017</b>	

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## DOCUMENT HISTORY

### Revision History

<b>Revision Date</b>	<b>Previous Revision date</b>	<b>Summary of Changes</b>	<b>Changes marked</b>
June 2012	June 2010	Formatting and review dates	N/A
August 2017	June 2012	Amended comment under administration "best refrigerated" Updated acknowledgement.	

# St Mark's Solution Instructions

St Mark's solution may be prescribed by the Nutrition Support Team (NST) for patients with "short bowel syndrome", a high output ileostomy or "intestinal failure"

In these patients, most of the fluid taken by mouth will not be absorbed and will pass straight out of the body. As this happens salts will also be flushed out of the body, resulting in thirst and dehydration.

**To stop this occurring, the patient should drink LESS, not more** (especially of normal fluids – water, tea, coffee etc.). Dietary supplements may be continued. The NST will be able to advise on this.

Drinks high in salt will encourage fluid to move from inside the intestine into the systemic circulation. This will in turn reduce a high stoma output. **St Mark's solution** is a high salt and electrolyte mixture which can be made up on the ward.

## Dosage

Most patients will be prescribed 1 litre each day, to be sipped over the course of the day.

## Administration

- The electrolyte mix is best refrigerated. It may be easier to drink through a straw
- Patients may add a small amount of squash, fruit juice or cordial to change the taste

## How to make up the mixture

Standard formula	Citrate formula
SIX level 5ml spoonfuls of Glucose	SIX level 5ml spoonfuls of Glucose
ONE heaped 2.5ml spoonful of Sodium Bicarbonate	ONE level 2.5ml spoonful of Sodium Citrate
ONE level 5ml spoonful of Sodium Chloride	ONE level 5ml spoonful of Sodium Chloride
Dissolve this in 1 litre of drinking water	Dissolve this in 1 litre of drinking water

Label the jug to inform that it contains St Mark's solution, and the date and time it was made

## Expiry

Discard the solution 24 hours after it is made up

## Acknowledgement

Based on the "Understanding intestinal failure" booklet from St Mark's Hospital, 2006.

Based on the Electrolyte mix (E-mix) information leaflet from St Mark's Hospital Foundation. The North West London Hospital NHS Trust.

Version 004	Q-Pulse No. PH-CP-8	Effective from August 2017	Review Date August 2020
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Produced by: **Medicines Information Centre**

Pharmacy Department

☎ 01268 593788 Fax: 01268 598073

Email: Medicines.Info@btuh.nhs.uk