



PATIENT & CAREGIVER EDUCATION

Oral Rehydration Therapy

This information from Lexicomp® explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

Brand Names: US

Ceralyte 50 (potassium free) [OTC]; Ceralyte 50 [OTC]; Ceralyte 70 [OTC]; Ceralyte 90 [OTC]; CeraSport EX1 [OTC]; CeraSport [OTC]; Electro Mix [OTC]; Enfamil Enfalyte [OTC]; Medi-Lyte [OTC]; Naturalyte [OTC]; Normalyte [OTC]; Oralyte [OTC]; Pedialyte Advanced Care Plus [OTC]; Pedialyte Advanced Care [OTC]; Pedialyte [OTC]

What is this drug used for?

- It is used to add back fluid after fluid loss.
- It is used to help prevent fluid and electrolyte problems.

What do I need to tell my doctor BEFORE I take this drug?

- If you are allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell your doctor about the allergy and what signs you had.

This drug may interact with other drugs or health problems.

Tell your doctor and pharmacist about all of your drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe for you to take this drug with all of your drugs and health problems. Do not start, stop, or change the dose of any drug without checking with your doctor.

What are some things I need to know or do while I take this drug?

All products:

- Tell all of your health care providers that you take this drug. This includes your doctors, nurses, pharmacists, and dentists.
- If you have a fever, are throwing up, or have diarrhea that lasts more than 24 hours, talk with your doctor.
- Tell your doctor if you are pregnant or plan on getting pregnant. You will need to talk about the benefits and risks of using this drug while you are pregnant.
- Tell your doctor if you are breast-feeding. You will need to talk about any risks to your baby.

Tablets:

- Do not give to a child younger than 12 years of age.

All other products:

- Do not give to a child less than 1 year of age without first talking with the doctor.

Freeze pops, oral solution, and jell cups:

- If you have phenylketonuria (PKU), talk with your doctor. Some products have phenylalanine.

What are some side effects that I need to call my doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Signs of fluid and electrolyte problems like mood changes, confusion, muscle pain or weakness, a heartbeat that does not feel normal, very bad dizziness or passing out, fast heartbeat, more thirst, seizures, feeling very tired or weak, not hungry, unable to pass urine or change in the amount of urine produced, dry mouth, dry eyes, or very bad upset stomach or throwing up.

What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your doctor or get medical help if you have any side effects that bother you or do not go away.

These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.

You may report side effects to your national health agency.

You may report side effects to the FDA at 1-800-332-1088. You may also report side effects at <https://www.fda.gov/medwatch>.

How is this drug best taken?

Use this drug as ordered by your doctor. Read all information given to you. Follow all instructions closely.

Freeze pops:

- Can be eaten without freezing. Tastes best when frozen.
- Use clean scissors to cut off top of plastic sleeve.
- Push up from bottom of sleeve.

Oral solution:

- Do not add water or other liquid to water down.
- Chill the solution to make it taste better.

Jell cups:

- Do not add water or other liquid to water down.

Powder packet:

- Mix in water as you have been told or read the product label. Different products may need to be mixed in different amounts of water.
- Do not mix with other liquids.
- Chill the solution to make it taste better.

Tablets:

- Take with a full glass of water.
- Do not use if the pouch that holds this drug is torn, open, or not sealed all the way.

What do I do if I miss a dose?

- This drug is used on an as needed basis. Do not use more often than told by the doctor.

How do I store and/or throw out this drug?

All products:

- Store at room temperature.
- Protect from heat.
- Keep all drugs in a safe place. Keep all drugs out of the reach of

children and pets.

- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

Freeze pops:

- Throw away any unused portion.

Oral solution:

- If single use product, throw away any unused part after first use.
- Store opened bottle in refrigerator.
- After opening, do not use for longer than what the product label says.

Jell cups:

- After opening, you may refrigerate for up to 3 days.

Powder packet:

- After mixing, store in a refrigerator. Check with the doctor or pharmacist if you have questions about how long this drug may be used after mixing.

Tablets:

- Protect from moisture. Do not store in a bathroom or kitchen.

General drug facts

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take anyone else's drugs.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- Some drugs may have another patient information leaflet. Check with your pharmacist. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

Consumer Information Use and Disclaimer

This information should not be used to decide whether or not to take this medicine or any other medicine. Only the healthcare provider has the knowledge and training to decide which medicines are right for a specific patient. This information does not endorse any medicine as safe, effective, or approved for treating any patient or health condition. This is only a brief summary of general information about this medicine. It does NOT include all

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If you have any questions, contact a member of your healthcare team directly. If you're a patient at MSK and you need to reach a provider after 5:00 PM, during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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