

Salt Water or Sodium Chloride (NaCl)

Medication

Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

#388

Name of Child: _____ Date: _____

Salt Water or Sodium Chloride (NaCl)

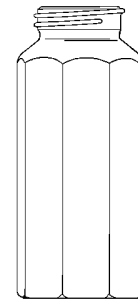
Every body needs some salt (sodium chloride). Sometimes, babies have low sodium chloride, and they need more. When this happens, we give extra sodium chloride in a feeding.

What you need:

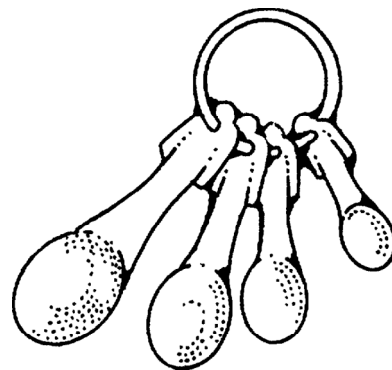
- 1 level teaspoon of salt
- 50 milliliters (mL) of water
- a bottle with a lid
- a measuring teaspoon

What to do:

1. Measure 50 mL of water
 2. Add 1 level teaspoon of salt. Use a marked measuring spoon. The teaspoons we use for eating are not exact measures.
 3. Put the cap on the bottle and shake it until you can't see the salt in the water.
 4. Write the date and time on the bottle.
 5. Put the bottle in the refrigerator
- This salt water mixture is good for 7 days. After 7 days throw it out.
 - Salt water mixed with formula is good for 24 hours. After 24 hours, throw out the formula.



Measure 50 mL of water



**Use a marked measuring spoon.
The teaspoons we use for
eating are not exact measures.**

How much to give:

There are 2 milliequivalents (mEq) of sodium chloride in one milliliter (mL) of this sodium chloride mixture.

Your baby needs _____ mEq of sodium chloride _____ times a day.

So, _____ times a day,

put _____ mL of this sodium chloride mixture into your baby's bottle.



**Mark on this syringe
the amount of sodium chloride mixture
you will add to your baby's bottle.**

Now that you've read this:

- Show your registered dietitian, nurse, or doctor how you make the salt water mixture. (Check when done.)
- Show your registered dietitian, nurse, or doctor how you measure and mix the salt water mixture into your baby's formula. (Check when done.)



If you have any questions or concerns,
 call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
www.phoenixchildrenshospital.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Thursday, May 30, 2006 • DRAFT to family review
#388 • Written by Maria Ressler, RD and Pat Smith, RN • Illustrated by Dennis Swain



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por favor pídasela a su enfermero o doctor.

Name of Health Care Provider: _____ Number: 388
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

Fran London, MS, RN
Health Education Specialist
The Emily Center
Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710

602-546-1395

flondon@phoenixchildrens.com

Thank you for helping us!