High sodium diet for babies with bowel resections or intestinal failure

BCCH Intestinal Rehabilitation Program
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Sodium is a mineral that is found in salt. It can easily be absorbed from a healthy bowel. Babies may not be able to absorb enough sodium if they have had bowel removed or if their bowel doesn't work properly. This is particularly true for babies who have an ostomy, especially if they have high outputs, those who have had colon removed, and those who have a lot of poops.

Babies who don't absorb enough sodium have difficulty gaining weight well even when they receive enough nutrition. By looking at urine sodium levels, weight gain, and poops or ostomy outputs, we'll be able to tell you how much sodium to give to make sure that your baby gets enough.

Sodium Supplementation Guidelines

If your baby is breastfeeding or bottle feeding, you can give extra sodium using the following homemade salt solution recipe. It can be given by dropper or mixed with breast milk or infant formula.

Recipe for salt solution

(2.5 milliequivalents of sodium per millilitre)

- Mix 1 level tablespoon (15mL) of salt with 1/2 cup (125mL) of cooled, previously boiled water.
- Store any salt solution that has not been used in the refrigerator.
- You can prepare larger portions of this recipe and store it in the refrigerator in a covered container for up to one week. Shake before using.

Instructions

Contact Information

Your Dietitian is:

If you have any questions or concerns, call (604) 875-2345, local:

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