

For the treatment of mild to moderate dehydration due to diarrhea, vomiting, or fever associated with infectious enteritis or the common cold

Oral Rehydration Solution

経口補水液 OS-1 オーエスワンシリーズ



消費者
庁許可
個別評価型
病者用食品



OS-1
PET bottle
contents: 500mL



OS-1
PET bottle
contents: 300mL



OS-1
Jelly
contents: 200g



OS-1 Apple Flavor
PET bottle
contents: 500mL



OS-1 Apple Flavor
PET bottle
contents: 300mL



OS-1 Jelly Apple Flavor
contents: 200g



no fruit juice

To consumers of
Oral Rehydration
Solution OS-1



SCAN TO
DOWNLOAD

Tips on feeding Oral Rehydration Solution OS-1 to a child



Supervised by:

Katsunori Kamimura,

Director, Department of Pediatrics,
Hyogo Prefectural Amagasaki General Medical Center

Tsuyoshi Sogo, Department of Pediatric Hepatology and
Gastroenterology, Saiseikai Yokohamashi Tobu Hospital

Below are tips on feeding Oral Rehydration Solution OS-1 to a child to treat dehydration due to diarrhea or vomiting fever associated with infectious enteritis. Consult a medical institution if the child has the following symptoms:

Signs of severe dehydration

- Condition getting worse over time (pale complexion, dry mouth, etc.)
- Sunken eyes over time
- Rapid/heavy breathing
- Sensitiveness (The child keeps crying even while cradling) or no response (The child keeps snoozing)
- Cold limbs

Signs of progressive dehydration

- Refusal to eat and drink, and repetitive vomiting for 24 hours
- Watery stool overflowing out of diaper at least 5 times/day

Signs of severe diseases other than enteritis

- Fever not less than 38°C in infant aged under 3 months
- Yellow/green vomit, or vomiting of blood
- Intermittent abdominal pain
- Posture with both knees bent and brought closer to the chest, crying in pain, or definite pain provoked by walking or jumping
- Lower right abdominal pain, especially, which starts from epigastrium or upper abdomen and then moves to right lower abdomen
- Bloody stool (like strawberry jelly) or black (tar) stool

Child needing individualized attention

- Child with diabetes, kidney failure, metabolic diseases, etc.
- Child aged under 2 months

**These symptoms need emergency care.
Consult a pediatrician immediately.**



OS-1 electrolyte content

One 500mL bottle of OS-1 contains 575mg sodium (salt equiv. 1.46g)	One 500mL bottle of OS-1 contains 390mg potassium
 1 bowl miso soup (approx.150mL)	 1 glass 100% orange juice (approx.180mL)

1 bowl miso soup (approx.150mL)

OS-1 500mL

1 umeboshi (approx.8g)

1 glass 100% orange juice (approx.180mL)

OS-1 500mL

1 banana (approx. 100g)

Source: Standard Tables of Food Composition in Japan 2020 (8th revised edition) by the Ministry of Education, Culture, Sports, Science and Technology (https://www.mext.go.jp/a_menu/syokuinsisiru/mext_01110.html) as of November 2024

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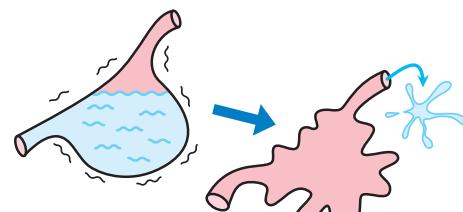
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Tips on feeding Oral Rehydration Solution OS-1

Tips on continuous feeding and timing

1 When diarrhea and vomiting do not stop

- Feed 5 mL of Oral Rehydration Solution OS-1 every 5 minutes. This volume amounts to one teaspoon or one OS-1 bottle cap.
- Use an hourglass, the child's favorite teaspoon or cup to encourage them to consume it.



Excessive feeding may cause vomiting.

2 When vomiting stops

- Increase the frequency of feeding Oral Rehydration Solution OS-1 (to every 3 minutes, 2 minutes, and then 1 minute).
- Even if vomiting stops, gulping it down may cause another bout of vomiting.



Take time to feed using a teaspoon to avoid filling the stomach and rehydrate the intestines slowly. Even if the child vomits out some of it, most will be absorbed by the intestines. It is important to feed little by little and over and over again.

Original illustration by Hiromu Nakao, Director of Nakao Pediatric Clinic

3 When the child starts to eat

- Vomiting will stop within a day or less. When dehydration improves, start the child on ordinary meals. Increase the volume of the meals little by little.
- The child may vomit immediately after starting to eat. In such a case, feed as much Oral Rehydration Solution OS-1 as the volume of vomitus. This measure also applies in case of diarrhea.



If the child cannot drink by her/himself (is exhausted, cannot sit up, or does not like its flavor)

1 Raise the upper body up at about 45 degrees

- Raise the upper body up at about 45 degrees, hold the child in your arms, and use a teaspoon to feed Oral Rehydration Solution OS-1.



2 Switch to OS-1 Jelly type/Use a baby medicine feeder

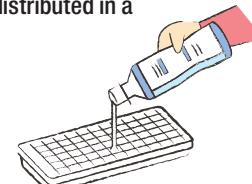
- The child may refuse a teaspoon and spill Oral Rehydration Solution OS-1. In such a case, try OS-1 Jelly. It is less salty and easier to swallow.
- If the child cannot consume Jelly, use a commercial baby medicine feeder. Insert the feeder from the corner of the mouth and feed Oral Rehydration Solution OS-1 slowly along the gum. The product will reach the throat without touching the tongue, which lowers the child's resistance to it.



3 Other ideas for feeding Oral Rehydration Solution OS-1

(Freezing)

- Freeze Oral Rehydration Solution OS-1 in an ice tray. Bite-size ice cubes can lower the child's resistance to it. Pay attention to the size of the cubes. Ingredients are inconsistently distributed in a larger cube.



(Heating)

- Heat Oral Rehydration Solution OS-1 in a microwave oven for about 20 seconds (to reach body temperature). Warm solution is less likely to stimulate the stomach.

