

Patient Product Information

ZELECT[®]

(ORS with Zinc)

Generic name: [Oral Rehydration Salt-citrate]

Please read this leaflet before you start taking ZELECT[®]. Also, read it each time you renew your prescription, just in case anything has changed. Remember, this leaflet does not take the place of careful discussions with your doctor. You and your doctor should discuss ZELECT[®] when you start taking your medication and at regular checkups.

What is Diarrhoea?

Diarrhoea remains a leading cause of child death around the world. In diarrhoea, stools contain more water than normal, which are often called as loose or watery stools. They may also contain blood, in which case the diarrhoea is called dysentery.

Which is the most vulnerable group for Diarrhoea ?

Diarrhoea is most common in children, especially those between 6 months and 2 years of age. It is common in babies under 6 months who are drinking cow's milk or feeding formulas.

What are the complications of Diarrhoea?

Diarrhoea may last up to 14 days or more, leading to the infection of the bowel. The two main dangers of diarrhoea are death and malnutrition. Two recent advances in managing diarrhoea disease can drastically reduce the number of child death.

What are the therapeutic options of controlling Diarrhoea?

Oral Dehydration salts (ORS) solution, containing lower concentration of glucose and salts are administered to prevent dehydration. With the recent advancements, world bodies like WHO, UNICEF are strongly recommending Zinc supplementation along with ORS to reduce,

- the duration of diarrhoea
- severity of diarrhoea and
- the likelihood of future diarrhoea episodes in the 2-3 months following supplementation

How is Zinc with ORS more effective than ORS alone ?

Zinc supplementation can prevent diarrhoea through several mechanisms, notably through its ability to restore immunity in children who have zinc deficiency. Zinc deficiency reduces the number of B and T lymphocytes, which are responsible for the immune system, and reduces their functional capacity. This element stabilizes the cell membrane, and zinc deficiency disrupts the intestinal mucosa, reduces brush border enzymes and increases mucosal permeability and the intestinal secretion of water. Zinc supplementation during diarrhoea can therefore reduce the severity and duration of the episode.

The World Health Organization (WHO) recommends oral zinc (tablets or syrups) as adjunct therapy with oral rehydration solution (ORS) for acute childhood diarrhea.

For more information on Diarrhoea and its prevention with ORS-Zinc combination, consult your Doctor today.