

Discharge instructions for fluid replacement after the Twin Cities Marathon

Continue fluid and energy replacement with non-alcoholic and high energy foods until you are urinating freely. Oral fluids like sugar-electrolyte drinks, fruit juices, and water work well. The fastest method of post-race rehydration is to ingest 1-2 cups of a “salty” fluid like chicken broth or bullion. The salt in the fluid will help your body hold on to free fluid and provide the fastest means of rehydration

Hyponatremia occurs in marathon and longer races, especially in slower runners who drink so much water that they do not lose weight or actually gain weight. This water excess causes puffiness, headache, nausea and vomiting, seizure, and can result in death. Although this is a low frequency medical condition, cases have been reported at many marathons across the country. If you notice any of the above problems or if you have gained weight rather than lost weight during the race or you feel like you are getting the “flu” you should be evaluated by you physician or at a local emergency room.

Get re-checked if you have chest pain, shortness of breath, dizziness when you try to stand up or any of the symptoms listed above.

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