Fluid/Electrolyte Disorder

- Dehydration cannot be determined with physical examination alone but should be suspected in patients with new orthostatic hypotension or altered mental status.
- Certain medications including metformin, diuretics, ACEI/ARBs, and other blood pressure medications may need to be held when you suspect a patient has dehydration.
- Hypodermoclysis is helpful in mild dehydration, when you are unable to get an IV placed, or when you are concerned that the patient will pull the IV out, but should not be used for patients who are tachycardic or hypotensive or have severe dehydration.
- Choice of IVF will depend on whether dehydration or volume depletion is present.
- In hypernatremia or hyponatremia, sodium should be corrected no more quickly than 10mEq/24H.
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