

Fluid and Electrolyte Cheat Sheet

Electrolyte	Normal Range	Function	Signs of Imbalance	Management Tips
Sodium (Na ⁺)	135-145 mEq/L	Regulates fluid balance, nerve and muscle function	Hyponatremia: Confusion, seizures; Hypernatremia: Thirst, agitation	Monitor intake and output, adjust dietary sodium
Potassium (K ⁺)	3.5-5.0 mEq/L	Key for muscle and nerve function, heart rhythm	Hypokalemia: Weakness, arrhythmias; Hyperkalemia: Fatigue, cardiac arrest	Monitor heart rhythm, regulate dietary potassium
Calcium (Ca ²⁺)	8.5-10.5 mg/dL	Bone health, muscle contraction, blood clotting	Hypocalcemia: Tetany, convulsions; Hypercalcemia: Nausea, kidney stones	Vitamin D supplementation, monitor renal function
Magnesium (Mg ²⁺)	1.7-2.2 mg/dL	Enzyme reactions, nerve and muscle function	Hypomagnesemia: Tremors, seizures; Hypermagnesemia: Nausea, heart issues	Dietary adjustments, monitor renal function
Chloride (Cl ⁻)	98-106 mEq/L	Balances fluids, digestion	Hypochloremia: Fluid loss, dehydration; Hyperchloremia: Fluid retention, hypertension	Balance fluid intake, monitor acid-base balance
Bicarbonate (HCO ₃ ⁻)	22-28 mEq/L	Maintains pH balance	Acidosis: Weakness, confusion; Alkalosis: Numbness, lightheadedness	Monitor ventilation, electrolyte replacement

Fluid Management	Guidelines
Daily Fluid Intake	2-3 liters/day for average adults
Monitoring Dehydration	Check for dry mouth, low urine output, dark urine
Fluid Replacement	Oral rehydration solutions, IV fluids as needed

Additional Notes