

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, light-headedness | 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