

Hyponatremia Quick Approach

Tonicity, symptoms and safe correction

Electrolytes & ABG

PHYSICIAN REFERENCE

Classify

- Confirm hypotonic hyponatremia; assess symptoms, duration, volume status, urine osmolality and urine sodium where appropriate.

Severe symptoms

- Hypertonic saline bolus strategy is used for seizures/severe neurologic symptoms with close sodium monitoring.

Safety

- Avoid excessive correction; patients at high risk of osmotic demyelination need especially conservative limits and frequent monitoring.

Clinical safety note

Use this as a memory aid, not a prescription. Verify current guidelines, local protocols, contraindications, renal/hepatic dosing, pregnancy status, interactions and patient-specific factors before treatment.