

Electrolyte Replacement Pearls

Potassium Chloride Replacement (PO preferred)

- Consider central vs peripheral IV access, PO (pt can swallow) or powder (cannot swallow/feeding tube)
- 10 mEq Potassium replacement will raise serum KCL by 0.1
- Consider limit of 40mEq IV replacement + PO for additional needs

Serum Potassium Level (mEq/L)	Total Potassium Replacement	Recheck Level
3.7 – 4	40 mEq	Next AM labs
3.4 – 3.6	60 mEq	After replacement and next AM labs
3 – 3.3	80 mEq	After replacement and next AM labs
< 3 (Draw STAT Mag)	100 mEq	After replacement and next AM labs

Peripheral IV Administration (Rate 10 mEq/hr)	10 mEq/100 mL IV Q1HR x _doses
Oral Administration (Pt can swallow tablets) ER Tablet	10 mEq x 4 tabs PO x _ doses
Oral Administration (Pt cannot swallow tablets or using feeding tube) powder packet	20 mEq x 2 pkts PO/FT _ doses

Magnesium Replacement (IV preferred)

- If both serum magnesium and potassium levels are low, initiate magnesium replacement for 1 hour prior to potassium repletion.

Serum Magnesium Level (mg/dL)	Total Magnesium Replacement IV (magnesium sulfate)	Total Magnesium Replacement PO (magnesium oxide)	Recheck Level
1.5 – 1.8	2 gm/50 mL IV x 1 over 2 hours	400 mg PO/FT x 1	No additional action
1.2 – 1.4	4 gm/100 mL IV x 2 each over 4 hours	400 mg PO/FT Q4HR x 2	2 hours after final infusion
< 1.2	4 gm/100 mL IV x 3 each over 4 hours	400 mg PO/FT Q4HR x 3	2 hours after final infusion

Phosphorus Replacement (PO preferred)

- IV Phosphate repletion utilizes sodium phosphate, potassium should be done separately

Serum Phosphorous Level (mg/dL)	Oral Administration (pt can swallow) Phospha 250 Neutral tablets OR (Pt cannot swallow/feeding tube) PhosNaK powder packet	Recheck Level
2.7 – 3	1 tab/pkt PO/FT bid x 2 doses	No additional action
2.1 – 2.6	1 tab/pkt PO/FT tid x 3 doses	No additional action
1 – 2	1 tab/pkt PO/FT tid x 3 doses	After replacement
< 1	IV replacement (with pharmacy) PLUS 2 tabs/pkt PO/FT tid x 3 doses	After replacement

Calcium Gluconate Replacement (IV only)

- Using ionized calcium level

Ionized Calcium Level (mg/dL)	Total Calcium Replacement	Recheck Level
3.4 – 4.6 (asymptomatic)	None	Repeat iCa with next AM labs
3.4 – 4.6 (symptomatic)	Calcium gluconate 1 gm/100 mL IV over 30 min x 1 dose	2 hours after infusion completed
< 3.4	Calcium gluconate 2 gm/100 mL IV over 1 hour x 1 dose	2 hours after infusion completed

