Hyponatremia

You have a low sodium in your blood. This is called hyponatremia.

Some of the causes of this are:

- Medications. These include: diuretics, anti-inflammatory pain medicines, and diabetic medicines.
- Hormone deficiency.
- Drinking too much water.
- Malnutrition.
- Heart, kidney and liver problems.

There are many more medicines that occasionally will cause this problem. Sodium levels below 136 mEq/L are below normal.

Problems from low sodium may include:

- Loss of appetite.
- Nausea, vomiting.
- Severe weakness.
- Headache.
- Anxiety.
- Muscle twitches.
- Seizures.
- Confusion.

Treatment may include:

- IV fluids with salt water (saline, sodium chloride).
- Reducing water intake.
- Medications causing this may have to be stopped or changed.

HOME CARE INSTRUCTIONS

- Increase your salt intake and drink less water over the next 2-3 days. Do this until your condition improves or as your caregiver tells you.
- Be sure to see your caregiver for follow-up. You need to make sure your sodium blood level is back to normal.
- Your caregiver may also want to do more testing if the cause is not certain.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop any of the above listed symptoms or the problems which brought you to your caregiver are getting worse.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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