CAUSES OF HYPONATRAEMIA

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Hyponatremia

s.Na is being diluted by H2O
Urine Osm will be high

DEHYDRATED

↓H_2O + ↓↓Na^+

RENAL

Diuretics
ARF
Mineralo. def.
Osm diuretics
Renal tub. acidosis
Na loosing nephritis

Ur.Na > 20mM

EXTRA-RENAL

Vomiting
Diarrhoea
3rd space loose
Pancreatitis
Fistula

Ur.Na < 10mM

These patients need Na and H2O. -> isotonic Saline or if emergent (focal neuro, seizures, coma), then 3% hypertonic Saline [CAUTION]

EUVOLEMIC

inc H_2O w ↔Na

Body holding onto water
but the total body sodium is normal

SIADH

Drugs
Hypothyroidism
↓ steroid

Ur.Na > 20mM

These patients have lots of water and normal body Na.
They dont water and the dont need Na
WATER RESTRICT

ODEMATOUS

inc H20++ w inc Na

Body holding onto alot of water
with the total body Na increased

RENAL

ARF
CRF

Ur.Na > 20mM

EXTRA-RENAL

CHF

Ur.Na < 10mM

These patients have lots ++ of H20 and lots of Na.
WATER + Na RESTRICT