

# Discharge Instructions for Hypokalemia (Child)



Your child has been diagnosed with hypokalemia. This is a low level of potassium in the blood. Potassium helps the nerve and muscle cells function, including those in the heart. A low level of potassium in the blood can cause abnormal heart rhythms and even heart attack. Here's what you need to know about home care.

## Diet changes

- Encourage your child to eat more of these potassium-rich foods:
  - Bananas
  - Milk
  - Oranges and orange juices
  - Kiwis
  - Raisins
  - Tomatoes
  - Spinach
  - Dried fruit
  - Cantaloupe
  - White beans, canned
  - Lima beans
  - Potatoes
  - Sweet potatoes
  - Avocados
  - Yogurt
- Give your child a potassium supplement as directed by the healthcare provider.
- After strenuous exercise or any activity that causes your child to sweat a lot, give your child a drink that has high levels of potassium. This includes coconut water, orange juice, or low-sodium vegetable juices.
- Give your child food or drinks that contain potassium if they have diarrhea or vomiting.
- Help your child stay away from foods that are high in salt. This includes canned and prepared foods that are high in salt.

## Medicine

- Make sure your child takes all medicines exactly as directed.
- Tell your child's healthcare provider about all prescription and over-the counter medicines your child is taking. This includes herbal preparations. Certain medicines can affect your child's potassium levels.

## Follow-up

- Make a follow-up appointment, or as advised.
- Have your child's potassium levels checked regularly.
- Keep all follow-up appointments. Your child's healthcare provider needs to monitor your child's condition closely.

## When to call your child's healthcare provider

Call your child's provider right away if your child has any of the following:

- Vomiting or diarrhea
- Extreme tiredness (fatigue) or weakness
- Fast, irregular heartbeat
- Shortness of breath or chest pain
- Muscle cramps, spasms, or twitching
- Paralysis

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