

Discharge Instructions for Hypomagnesemia (Child)



Your child has too little magnesium in the blood, a condition called hypomagnesemia. Magnesium is a component of bone. It's needed for muscles, nerves, and enzymes to do their jobs. Magnesium is also needed for many hormones to work. When your child's magnesium levels are low, their calcium levels may be low, too. Too little magnesium in the blood can lead to many symptoms and serious problems. These include seizures, abnormal heart rhythms, and trouble breathing. If severe enough, the heart can stop beating altogether. Your child may have been given treatment for the condition in the hospital. Here's what you need to know about caring for your child at home.

Home care

- Give your child foods that contain magnesium. These include:
 - Spinach
 - Nuts
 - Soy products
 - Millet, wheat bran, wheat germ
 - Whole grain cereals (bran flakes, shredded wheat, oatmeal)
 - Black beans or kidney beans
 - Brown rice
 - Avocado
 - Banana
- Give your child a magnesium supplement. Or, give a multivitamin with magnesium in it. Do this as directed by your child's healthcare provider.
- Have your child's magnesium levels checked often, as directed by your child's healthcare provider. This is very important if your child is taking a diuretic. This is a medicine that keeps the body from retaining water.
- Tell the healthcare provider about all prescription and over-the-counter medicines your child takes. Some of them can decrease magnesium levels.
- Give your child all medicines exactly as directed.
- Learn to take your child's pulse. Tell the healthcare provider if your child's pulse rate is higher than 120 beats per minute.

Follow up

- Follow up with your healthcare provider, or as advised.
- Keep all follow-up appointments. Your child's healthcare provider needs to watch your child's condition closely. This is even more important if another health problem is causing the hypomagnesemia.

When to call your child's healthcare provider

Call the provider right away if your child has any of these:

- Muscle twitching, spasms, or cramps
- Dizziness
- Fatigue
- Weakness

Call 911

Call 911 if your child has any of these:

- Confusion
- Fainting or loss of consciousness
- Irregular or fast heartbeat or racing pulse (higher than 120 beats per minute)
- Chest pain
- Shortness of breath

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