

Discharge Instructions for Hyponatremia (Child)



Your child has been diagnosed and treated for hyponatremia. This is a low level of sodium in the blood. Sodium helps the body work normally. Too little sodium can cause health problems. Very low sodium can cause death. A low level of sodium has many causes. In small babies, it's commonly caused by formula that is watered down. Or it's caused by giving too much plain water to drink. In older children, it can be caused by drinking excessive amounts of water, some medicines, dehydration, or severe burns. Kidney, heart, and liver conditions can also cause it. Preventing hyponatremia includes getting treatment for the condition that caused low sodium levels. Below is what you need to know about home care. Your healthcare provider may give you other instructions.

Home care

- Limit your child's intake of fluids as advised.
- Ask your child's healthcare provider for the best way to replace your child's body fluids after vomiting or diarrhea.
- Have your child replace fluids carefully after exercise or activities that cause sweating. Give your child a sports drink with electrolytes. Or give another type of drink the healthcare provider advises.
- Tell your child's healthcare provider about all medicines your child is taking. This includes both prescribed and over-the-counter medicines. Some of these can lower sodium levels.
- Have your child take all medicines as directed.
- Have your child's sodium levels checked as often as advised. This is very important if your child takes a diuretic. This is a medicine that helps flush water from the body.

Follow-up

Make a follow-up appointment with your child's healthcare provider, or as advised. They will need to monitor your child's condition.

When to call your child's healthcare provider

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

- Bloating and puffiness in the face and fingers
- Nausea and vomiting
- Fatigue
- Fainting, dizziness, or lightheadedness
- Confusion
- Muscle weakness, spasms, cramping, or twitching
- Headache
- Disorientation
- Seizures

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