

Discharge Instructions for Hypomagnesemia



You have been diagnosed with hypomagnesemia. This means you don't have enough magnesium in your blood. Magnesium is a mineral. It helps your body work normally. It helps you form bones. It helps muscles and nerves work. And it helps enzymes and hormones work. A very low magnesium level can be serious and lead to seizures and abnormal heart rhythms. And it can lead to a heart attack. Other symptoms can include:

- Nausea or vomiting
- Sleepiness
- Weakness
- Personality changes
- Muscle spasms or tremors
- Loss of appetite

Diet changes

You will need to eat more foods that contain magnesium. These include:

- Dark green leafy vegetables, such as salad greens, spinach, kale, chard, and collards
- All nuts and nut butters, including peanuts, almonds, pecans, cashews, Brazil nuts, macadamia nuts, peanut butter, and almond butter
- Sunflower seeds
- Pumpkin seeds
- Milk, chocolate milk (prepared from powder mix), and eggnog
- Soy products, including tofu, soybeans, and soy milk
- Beans
- Halibut
- Baked potatoes (with skin)
- Millet, including puffed millet cereal
- Brown rice, including brown rice cakes
- Avocado, including guacamole
- Dried apricots
- Bananas
- Oatmeal
- Bran cereals
- Chocolate and cocoa powder

- Meal replacement bars and drinks

Other home care

- Take a magnesium supplement as advised.
- Have your magnesium levels checked as often as advised. This is important if you are taking a diuretic. This medicine helps flush water from the body.
- Tell your healthcare provider about all the medicines and herbal supplements you take. This includes prescribed and over-the-counter medicines. Some of them can lower your magnesium levels.
- Take all medicines as directed.
- Take your pulse as often as advised. Call your healthcare provider if your pulse rate is higher than 100 beats per minute, or as directed.
- Ask if you need to take a calcium supplement. If your magnesium level is low, you may be low in calcium.

Follow-up

Follow up with your healthcare provider, or as advised. Your healthcare provider will need to watch your condition closely. You may need extra care if you have a health condition that causes your hypomagnesemia.

When to call your healthcare provider

Call your provider right away or go to the emergency room if you have any of the following:

- Muscle twitching, spasms, or cramps
- Fatigue
- Confusion
- Loss of consciousness or fainting
- Dizziness
- Irregular or fast heartbeat
- Chest pain or shortness of breath

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