

INDICATION

Quantifies sodium deficit in adult patients with hyponatremia

ADDITIONAL INFORMATION

It is important to remember not to correct sodium too rapidly as there is a risk of central pontine myelinolysis

CALCULATION

Sodium deficit_{mmol/L} =

Total body water_L × (desired Na_{mmol/L} - Pt's Na_{mmol/L})

For adults Total body water (TBW) is calculated using the Watson equation:

Men: TBW_L = 2.447 – 0.09516 × Age_{years} + 0.1074 × Height_{cm} + 0.3362 × Weight_{kg}

Women: TBW_L = -2.097 + 0.1069 × Height_{cm} + 0.2466 × Weight_{kg}