

# FLUID AND ELECTROLYTE REQUIREMENT

## AVERAGE NORMAL DAILY REQUIREMENTS

Water	Na	K	Cl	Glucose
25-30ml/kg	1mmol/kg	1mmol/kg	1mmol/kg	50-100g

## AVERAGE 70kg PERSON DAILY REQUIREMENTS

Water	Na	K	Cl	Glucose
2100ml	70mmol	70mmol	70mmol	100g

## FLUID COMPOSITION

1L Fluid Bag	Na mmol/L	K mmol/L	Cl mmol/L	Glucose g
NaCl 0.9%	154	0	154	0
Hartmann's	131	5	111	0
Plasmalyte	140	5	98	0
NaCl 0.18% / Glucose 4%	31	0	31	40
Glucose 5%	0	0	0	50
Red cells 1 unit	15	2	15	9

## FLUID DISTRIBUTION

### Intravascular distribution of 1L fluid

NaCl 0.9%	~250mls
Hartmann's	~250mls
PlasmaLyte	~250mls
Glucose 5%	~80mls

### Key Points:

- Due to distribution NaCl 0.9% / Hartmann's / PlasmaLyte **advised for resuscitation**:
  - Total requirement is approx. 3-4 x intravascular deficit
  - Can also be used for Maintenance
- NaCl 0.18%-Glucose 4% and Glucose 5% mainly resides intracellular:
  - **Not advised for resuscitation**
  - Can be used for Maintenance