# Free Water Deficit in Hypernatremia

## INPUTS

|  |  |
| --- | --- |
| Sex | **Options:**   * Female * Male |
| Age range | **Options:**   * Child * Adult * Elderly |
| Weight | **Options:** |
| Sodium  *Use only if sodium >140* | **Options:** |
| Sodium desired | **Options:** |

## FORMULA

Free water deficit, L = (% total body water, fraction)\*(Weight, kg)\*([Current Na/Ideal Na] – 1)

where % total body water (TBW) is:

* Adult male: 60% (i.e., use 0.6 in the equation)
* Adult female: 50% (0.5)
* Elderly male: 50% (0.5)
* Elderly female: 45% (0.45)
* Child: 60% (0.6)

## FACTS & FIGURES

## EVIDENCE APPRAISAL