

**IN ACCORDANCE WITH DECEMBER 2013 NICE
GUIDELINES**

1. Does the patient require IV fluids?

Consider the indication for starting and continuing IV Fluids

CONSIDER SPECIFIC CAUTIONS: i.e. Heart Failure/Stroke/Renal Failure/ERP

2. Follow NICE guidelines on routine maintenance

Volume: 25-30 mls/kg

Sodium and Potassium: 1 mmols/kg

Glucose: 50-100g/day

**WHAT IS THE PATIENT'S
WEIGHT:.....kg
(If not known – estimate)**

Use the above figures as a guide for the first 24 hours of IV fluids – alter as required.

3. Does the patient need extra fluid/electrolytes to compensate for abnormal losses?

- Review fluid balance chart
- Review type of fluid losses i.e. NG Aspirate/Ileostomy/Diarrhoea
- Review U&Es.

If no U&Es in the past 24 hours **DO THEM URGENTLY** before further prescription

4. Choose IV Fluids to be prescribed

USE FLUID WITH PRE-FILLED POTASSIUM

Aiming for a serum potassium of 4.0 to 5.5 mmol/L

NB 1g K = 13.5 mmols

5. Follow the NICE guidelines on IV fluid therapy-

<http://publications.nice.org.uk/intravenous-fluid-therapy-in-adults-in-hospital-cg174>

6. For advice or help with difficult fluid balance issues, or if you think the patient needs a central line, please contact Outreach (BNHH) or Intensive Care Unit (RHCH) staff.

Name:

PATIENT STICKER

Hospital Number:

Ward _____

Indication:

- Peri-operative
- Dehydration
- Sepsis
- Pancreatitis
- Vomiting/diarrhoea
- Other _____

	4% Dextrose 0.18% Saline +/- 40mol/L potassium	5% Glucose +/- 40mmol/L potassium	0.9% Saline +/- 40mmol/L potassium	Plasma-Lyte
Volume (mls)	1000	1000	1000	1000
Na (mmols)	30	0	154	140
Cl (mmol)	30	0	154	98
K (mmols)	0 / 40mmol (3g)	0 / 40mmol (3g)	0 / 40mmol (3g)	5mmol/L
Other	40g Glucose	50g Glucose		Mg 1.5mmol/L Acetate 27mmol/L Gluconate 23mmol/L

3g K+ can be given in 1 L 4 hourly WITHOUT THE NEED FOR A CARDIAC MONITOR

Checklist: **1.** Is there an indication for iv fluids. **2.** Check daily requirements. **3.** Review fluid balance chart. **4.** Check latest U&Es. **5.** Potassium should usually be part of every prescription (use the pre-filled bags 40mmol = 3g), aiming for a potassium of 4.0-5.5 mmol/l. **6.** Ask for senior help (own team first) if you are unsure about what to prescribe. **7.** Do not prescribe IV fluids without up to date U&Es.

Ensure adequate potassium- Use 1L fluid bags with prefilled 3g KCL with a minimum infusion time of 4 hours

WARNING- Sole use of PlasmaLyte will result in excess sodium and potassium depletion

PlasmaLyte: Per 1000mls = 140 mmols Na

4% Glucose, 0.18% Saline: Per 1000mls = 30 mmols Na

5% Glucose: Per 1000mls = 0 mmols Na

0.9% Saline: Per 1000mls = 154 mmols Na

8hrly=125mls/hour

6hrly=167mls/hour

4hrly=250mls/hour

for 1000mls