

HYPONATRAEMIA

EXCLUDE HYPERGLYCAEMIA AND OTHER CAUSES OF NON-HYPOTONIC HYPONATRAEMIA

HYPOTONIC HYPONATRAEMIA

ACUTE OR SEVERE SYMPTOMS?

YES

Consider immediate treatment with hypertonic saline (chapter 9)

NO

URINE OSMOLALITY

≤ 100 mOsm/kg

Consider
- Primary polydipsia
- Low solute intake
- Beer potomania

> 100 mOsm/kg

URINE SODIUM CONCENTRATION

≤ 30 mmol/L

LOW EFFECTIVE ARTERIAL BLOOD VOLUME

If ECF expanded consider

- Heart failure
- Liver cirrhosis
- Nephrotic syndrome

If ECF reduced consider

- Diarrhea and vomiting
- Third spacing
- Remote diuretics

> 30 mmol/L

DIURETICS OR KIDNEY DISEASE?

YES

Consider

- Diuretics
- Kidney disease
- All other causes

NO

If ECF reduced consider

- Vomiting
- Primary adrenal insufficiency
- Renal salt wasting
- Cerebral salt wasting
- Occult diuretics

If ECF normal consider

- SIAD
- Secondary adrenal insufficiency (Hypothyroidism)
- Occult diuretics