ADULT INTRAVENOUS FLUID PRESCRIPTION CHART

Daily Assessment

1. Does the patient need IV fluids?
2. Check U &Es done in last 24 hours
3. Check fluid balance

Approximate daily healthy adult fluid and electrolyte requirements

Sodium: 50-100 mmol/day
Potassium: 40-80 mmol/day
Fluid requirement: 1.5-2.5 litres/day

Fluid prescription guidance

- Hartmann’s is a safe 1st choice in the initial 24 hours following surgery and for initial volume replacement (except in liver failure)
- Replace abnormal GI losses with additional premixed bags of 0.9% saline and KCl
- For maintenance and standard diabetic sliding scale fluid regimens: consider the use of premixed bags of 4% dextrose/0.18% saline and KCl according to daily assessment, at a maximum rate of 1 litre/12 hours (83mls/hour) in order to reduce the risk of hyponatraemia
- Never use 4% dextrose/0.18% saline for a fluid challenge/resuscitation

Commenced