

---

# Discharge Instructions for Hyponatremia

You were diagnosed with hyponatremia. This means your blood level of sodium (salt) is too low. Salt is needed for the body and brain to work. Very low blood levels of sodium can be fatal. Symptoms can include headache, confusion, severe tiredness (fatigue), muscle cramps, hallucinations, seizures, and coma. You have been treated to raise your blood levels of sodium. These instructions will help you care for yourself at home after you've been discharged.

## Home care

- Limit your intake of fluids. Drink only the amounts directed by your healthcare provider.
- Ask your provider what you should use to replace fluids if you are throwing up.
- Keep all follow-up appointments. Your provider needs to closely watch your condition.

To help prevent hyponatremia:

- Take all medicines exactly as directed. Certain medicines can lower blood sodium levels.
- If you have done something that makes you sweat a lot, drink fluids that contain salt and other electrolytes.
- Tell all healthcare providers what medicines you take. Mention all prescription and over-the-counter medicines, vitamins, supplements, and herbs.
- Have your sodium levels checked often. This is vital if you take a medicine that helps your body get rid of water (diuretic).

## Follow-up

Follow up with your healthcare provider, or as advised.

## When to call your healthcare provider

Call your provider right away if you have any of the following:

- Severe tiredness
- Fainting
- Weakness
- Dizziness
- Loss of appetite
- Nausea or vomiting
- Confusion, forgetfulness, irritability, or restlessness

- 
- Muscle spasms, cramping, or twitching
  - Seizures
  - Walking abnormally