Potassium Replacement

- IV option: potassium chloride
- PO options: potassium chloride tablet or elixir
- If K is 3 or higher, then 10 mEq of K should raise the serum K by 0.1
- If K less than 3, needs 20 mEq K to raise serum K by 0.1
- Can only do 10 mEq of K IV through peripheral line (ie, KCl 40 mEq IV over 4 hours)

K (mEq/L)	Repletion
3.8-3.9	Potassium chloride 20 mEq PO/IV x KCl1 IV over 2 hrs
3.6-3.7	Potassium chloride 40 mEq PO x1 or KCl IV over 4 hrs
3.4-3.5	Potassium chloride 60 mEq PO x1 or KCl IV over 6 hrs
3.2-3.3	Potassium chloride PO q4hrs x2doses or KCl 80 mEq IV over 8hrs
3.0-3.1	Potassium chloride PO q4hrs x3doses or KCl 80 mEq IV over 8hrs
<3.0	KCl 80 mEq IV over 8hrs then recheck K

Magnesium Replacement

- IV option: magnesium sulfate
- PO option: magnesium oxide

Mg (mg/dL)	Repletion
1.6-1.9	Magnesium Sulfate 2g IV over 2hrs or Mg Oxide 400mg PO BID
1.2-1.4	Magnesium Sulfate 4g IV over 2-4 hrs

Phosphate Replacement

- Oral option: potassium phosphate – sodium phosphate (K-Phos Neutral) Each tablet contains 8 mmol of Phos, 1.1 mEq of K+, 13 mEq of Na
- IV options: sodium phosphate (1mL = 3 mMol of Phos, 4 mEq Na+) or potassium phosphate (1mL = 3mmol of Phos, 4.4 mEq K+)
- Always look at the potassium level: if K+<4.3, use KPhos; if K+ 4.3 or higher, use NaPhos

Phos (mg/dL)	Repletion
1.5-2.5	K Phos or Na Phos 15 mmol x 8hrs or K-phos neutral 2 tabs PO q4h x 3
< 1.5	K Phos or Na Phos 30mmol over 16hrs

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