**Hypotonic/Hypoosmolar Fluid Policy**

**Previous Title: Limitation of Hypoosmolar Fluids**

| PPM-CH04.44 | Pharmacy | Effective date: 02/28/2012 |

**POLICY/STANDARD:**

I. Patients should only receive the following hypotonic/hypoosmolar solutions as maintenance fluid when it has been ordered by a licensed prescriber who has documented a need for such fluid.

II. Patients in the NICU and PICU are exempt from this policy.

III. **Nephrology exception:** This policy does **not** restrict the use of hypotonic/hypoosmolar fluids by Nephrology being used to directly replace ongoing hypotonic/hypoosmolar losses.

**PURPOSE:**

To specify responsibilities in ordering and dispensing hypotonic/hypoosmolar fluids to be used as maintenance fluid

**DEFINITIONS (for the purposes of this policy): N/A**

**PROCEDURE/IMPLEMENTATION:**

Recent literature reveals that the administration of hypotonic/hypoosmolar fluids is potentially dangerous for the hospitalized child. For this reason, the use of certain solutions should be restricted to a certain few cases.

I. In order to assure that certain hypotonic/hypoosmolar fluids are being used appropriately, only a licensed prescriber may authorize their use. This physician will need to fill out a request for its use on the form used for non-formulary medications *(Refer to PPM-CH04.54 Formulary Policy).*

II. For the purposes of this policy, maintenance fluids must contain both adequate osmoles and an adequate sodium concentration to prevent severe hyponatremia. As a result, the following fluids will require a **written** request to be used as **the sole maintenance fluid or fluids:**

   A. **Any** solution with a sodium concentration less than 38.5meq/L (1/4 NS), including but not limited to:
      1. D5W
      2. D10W

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3. 1/8 NS  
4. D5 1/8 NS  
5. D10 1/8 NS  

B. 1/4 NS alone (i.e. without other added osmoles such as dextrose or electrolyte salts)

III. This policy is intended to restrict the use of hypotonic/hypoosmolar fluids given at a “maintenance” rate, but not when they are being used as base fluids for the delivery of medications. It is not meant to restrict the use of these they are being used as base fluids for administration of medications.

REFERENCES/REGULATORY GUIDELINES/EVIDENCE BASED STANDARDS:


INTEREST GROUPS:

☐ Department  √ Multidisciplinary  ☐ CHS-wide

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If multidisciplinary, list key departments: Nursing, Pharmacy, Prescribers

CROSS REFERENCES:

PPM-CH04.54 Formulary Policy

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<thead>
<tr>
<th>Tracking Record – [Policy #PPM-CH04.44]</th>
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<tbody>
<tr>
<td>Title: Hypotonic/Hypoosmolar Fluid Policy</td>
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<td>Developed: 01/2006</td>
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