

# NORMAL SALINE (SODIUM CHLORIDE 0.9%)

## Class

Plasma volume expander – crystalloid; isotonic salt solution

## Action 📖

Each mL contains 9 g sodium chloride ( $\text{Na}^+$  154 mEq/L;  $\text{Cl}^-$  154 mEq/L); pH 5.7; expands circulating volume by approximating sodium content of the blood; but, it remains in the intravascular space for only a very limited time as it diffuses rapidly throughout the extracellular space

Indications ✓	Contraindications ✗
➤ Hypovolemia from non-hemorrhagic conditions (burns, sepsis, dehydration, etc.)	➤ Hemorrhagic shock ➤ Congestive Heart Failure

## Dose

- ❑ **TCCC**: 500mL bolus. Continue resuscitation until a palpable radial pulse, improved mental status or systolic BP of 80-90 is present
- ❑ **Dehydration**: 1L bolus, repeat prn
- ❑ **Rhabdomyolysis**: 1-2L bolus, followed by 500mL-1L/hr

Side Effects 😞	Adverse Reactions ⚠️
→ Fluid overload → Edema → Electrolyte imbalance	→ N/A

