

[1] If asked to prescribe another bag of i.v. fluid – please remember that N Saline contains no potassium, and that patients are rendered hypokalemic very easily.

**Hartmann's solution is the default maintenance fluid** – avoid N Saline and dextrose/saline unless there is a specific indication.

[2] Think about how an hourly infusion rate translates to a 24-hour fluid input. 125 ml/hr means 3 litres in 24 hr.

**For elderly people (80+) and patients with heart failure, 83 ml/hr (2 litres/24 hr) will suffice.**

[3] “Nil-by-mouth from midnight” has been obsolete for many years. A patient will not be postponed for the odd sip of water.

**Except for acutely traumatised patients (e.g. open fractures, scheduled for immediate operation ), oral fluids are allowed up to 2 hrs pre-op.**