TREATMENT OF HYPOMAGNESAEMIA (ADULTS)

NOT for the treatment of ventricular arrhythmias or for patients with cardiac arrhythmias due to other causes

What is patient’s magnesium level?
(Reference range 0.7-1.0mmol/l)

<0.5 mmol/l*

Prescribe 20mmol magnesium in at least 100ml of compatible fluid IV over at least 1 hour.**
If having IV fluids can add 20mmol magnesium to 500ml or 1L bag of compatible fluid and give IV over 1 to 24 hours.**
If patient also has hypokalaemia generally give magnesium first; do not combine magnesium and potassium in the same bag.

≥0.5 - <0.7 mmol/l*

Yes

Symptoms of hypomagnesaemia?
(e.g. paraesthesia, fits, tetany, arrhythmia)

No

Is oral access available?
(Including enteral feeding tubes)

No

Prescribe 8mmol magnesium in 100ml compatible fluid IV over 2 hours.

Yes

Prescribe regular magnesium hydroxide mixture 8% (7mmol/5ml) at 5ml TDS with or after food. May increase to 10ml TDS if necessary. Diarrhoea/stoma output may be dose limiting.

Monitor magnesium level closely and continue accordingly.

Compatible infusion fluids:
- sodium chloride 0.9%
- glucose 5%
Magnesium sulphate 50% is used for making IV solution. Available from pharmacy in:
- 1g (4mmol) in 2ml amps
- 5g (20mmol) in 10ml amps

*For TPN patients: please liaise with pharmacy manufacturing or dietetics.
**Rapid IV administration may cause hypotension and flushing.
Higher doses may be given if necessary e.g. 40mmol may be given in 100ml of compatible fluid over 2 hours

For further advice please contact Medicines Information.
 GRH: 6108   CGH: 3030