

Hypokalemia ($K^+ < 3.5 \text{ meq/L}$)

- **Etiologies**

- **transcellular shifts (extra to intracellular)**
 - Insulin administration
 - Catecholamines
 - B2 agonists
- **Renal losses**
 - Diuretics
 - Diabetic ketoacidosis
 - Hyperaldosteronism
 - Magnesium deficiency
- **GI losses**
 - diarrhea/vomiting
 - laxative abuse
 - villous adenoma
 - Inadequate dietary intake

- **Clinical Findings**

- nausea, vomiting, weakness, ileus, muscle cramps, polyuria

- **EKG**

- U waves
- Increased QT interval
- PVC

- **Treatment**

- **non-urgent**
 - KCL 40 mEq PO Q4-6h
- **Urgent**
 - KCL 10 mEq/h IV

