

Electrolytes Blood Tests

Why was an Electrolytes test ordered?

An electrolytes blood test checks for important minerals in your body. These minerals help your body work properly every day. The test looks at:

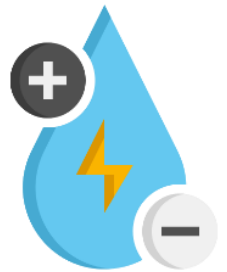
- Sodium
- Potassium
- Chloride
- Total Carbon Dioxide

Sometimes, a result might be a little outside the normal range, but that doesn't always mean something is wrong. If you're worried, please follow your usual steps for asking health care questions, as recommended by your health care providers.

When is an Electrolytes test used?

Health care providers use this test:

- During regular check-ups.
- To help diagnose and treat a variety of conditions (for example, kidney disease) or symptoms (such as dizziness, rapid heartbeat, or muscle cramps).
- To see how well certain medicines are working (like water pills, antibiotics, or steroids).



What is most important in an Electrolytes test?

- **Sodium:** Helps control the amount of water in your body and helps your nerves and muscles work.
- **Potassium:** Helps your heart, muscles, and nerves work. It also helps with how your body uses energy.
- **Chloride:** Works with sodium to keep your blood pressure and body fluids balanced.
- **Total Carbon Dioxide:** This result refers to the balance of bicarbonate, carbonic acid, and dissolved carbon dioxide in your blood. It is used to show how well your body keeps the right balance of acids and bases in your blood.

What could an Electrolytes test find?

If your levels are too high or too low, it might mean:

- You're dehydrated (don't have enough water)
- You have kidney or heart problems
- You might need more tests or a treatment plan

Depending on your symptoms or any existing health conditions, your health care provider will develop a treatment plan and may order additional tests.

This sheet is just for information. Always talk to your health care provider if you have questions.