Sodium (Na+) Lab Value

Sodium is a major contributor to cell osmolality and overall body water balance. It is also important in neuroconduction and muscle contraction. Normal sodium serum values range from 135-145 mEq/L. Patients with hyponatremia show symptoms of lethargy, anorexia, muscle cramping, and nausea. Those with hypernatremia display increased thirst, muscle twitching, hyperreflexia, seizures and can progress to coma.



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135-145 mEq/L

135-sleigh to 145-reindeer

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