

# ETIOLOGIES OF HYPOKALEMIA

## Abnormal Losses:

- Medications
  - Diuretics
  - Laxatives/Enemas
  - Corticosteroids
- Gastrointestinal losses
- Renal losses
  - Osmotic diuresis
  - Mineralocorticoid excess
  - Type 1 & 2 renal tubular acidosis
  - Polydipsia
- Hypomagnesemia
- Dialysis

## Transcellular Shift:

- Medications
  - Insulin
  - Beta-2 sympathomimetics
  - Decongestants
  - Xanthines
  - Amphotericin B
  - Verapamil
- Alkalosis
- Refeeding syndrome
- Increased beta-2 adrenergic stimulation
  - Delirium tremens
  - Head injury
  - Myocardial ischemia
- Thyrotoxicosis

## Inadequate Intake:

- Anorexia
- Dementia
- Starvation
- Total parenteral nutrition

## Pseudohypokalemia:

- Extreme leukocytosis
- Delayed sample analysis