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Salt Replacement for Adults with CF

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SUMMER IS HERE (yeah right!) SO DON'T FORGET.....

People with CF lose an increased amount of salt when they sweat; therefore it is important to replace their salt.

Salt is an essential mineral that the body needs to help regulate fluid balance.



If your body becomes low in salt, which of the following symptoms do you think you can experience?

- | | |
|-------------------------------------|---|
| <input type="checkbox"/> Lethargy | <input type="checkbox"/> Dizziness and fainting |
| <input type="checkbox"/> Thirst | <input type="checkbox"/> Nausea & vomiting |
| <input type="checkbox"/> Leg Cramps | <input type="checkbox"/> Dehydration & Constipation |

That's right; it is all of the above.

If you suffer from any of these symptoms, please inform a member of your CF team.

You will need extra salt when:

- The weather is warm i.e. during the summer or holiday abroad where it's hot,
- If you have a high temperature,
- You exercise and sweat more,
- You work in a hot environment i.e. bakery.

You can easily replace the salt you lose either by taking salt tablets, adding salt to your food or having a salty snack (e.g. crisps or salted peanuts)

How many salt tablets do you need to take?

The standard dose for an adult with CF is 6 slow sodium tablets / day. Taken at regular intervals during the day with plenty of fluid (e.g. water or juice). Do not take more than 8 tablets per day.

Remember:

The more you sweat the more salt you need. If you need extra salt tablets you should discuss it with your CF doctor before increasing your dosage.

Caution

If you have kidney problem, high blood pressure or fluid retention, do not follow these recommendations and consult your CF doctor.