

Policy Name: Hydration, Subcutaneous Infusion

Policy No: MHS-MAH-CS-004

PRINCIPLE:

Subcutaneous administration of fluid (hypodermoclysis) is a safe and effective method of fluid replacement.

POLICY:

Indications:

- Short-term, non-urgent fluid deficit
- Comfort
- Intravenous access not clinically indicated, or easily available

Contraindications:

- Coagulopathy
- Oedema
- Ascites

Infusion:

- Infusion rate to be between 20 – 80 ml/hour. For example, up to 2 litres/day, or 1 litre over 12 hours.
- Infusion administered via abdominal site only.
- Fluid is to be infused by gravity only, not via infusion pumps.

Solution:

- Normal Saline, to be alternated with 5% Dextrose in Water. Can also be 4% Dextrose and 1/5th Normal Saline.

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PROCEDURE:

- The Medical Officer to prescribe solution to be administered.
- The Nurse to administer subcutaneous fluid via the Sa of T Intima™ set, according to Mater Adult Hospital procedure.
- Subcutaneous insertion site to be observed and documented each shift for oedema, inflammation, bruising or pain.

NB: Continue to encourage oral intake if appropriate.

REFERENCES:

Noble-Adams R., (1995) "Dehydration: Subcutaneous Fluid Replacement", *British Journal of Nursing* 4:9, 489-494.

Khan ID, Shah IU & White Ad, (1996) "The Use of Subcutaneous Fluids in the Elderly", *Reviews in Clinical Gerontology* 6, 115-116