

Issue number: Version (1)

**Subject:** Guideline for Treating and Monitoring Hypocalcaemia for non-critical areas of Trust

**Objective:** The objective of this guideline is to provide a clear quick reference guide to support clinicians in the treatment and monitoring of patients with hypocalcaemia as well as how to investigate causes (serum adjusted calcium  $\leq 1.80$ mmol/L)

**Target Level:** Trust-wide

**Prepared by:** Chemical Pathology/Clinical Nutrition  
Dr V Mishra, Consultant Chemical Pathologist  
John Bassett, Chemical Pathology / Metabolic Medicine ST3

**Evidence Base:** Rank: A, B, C or D (CSG/CG Dept will categorise evidence base) **'CG Approved' logo will be added by CG Dept.**

**Associated Documents:**

**Information Classification Label**

**Unclassified**

**Date of Issue:** 2021

**Review Date:** month & year + 3

REVIEW HISTORY			
Issue No.	Page	Changes made with rationale and impact on practice	Date

**Introduction:**

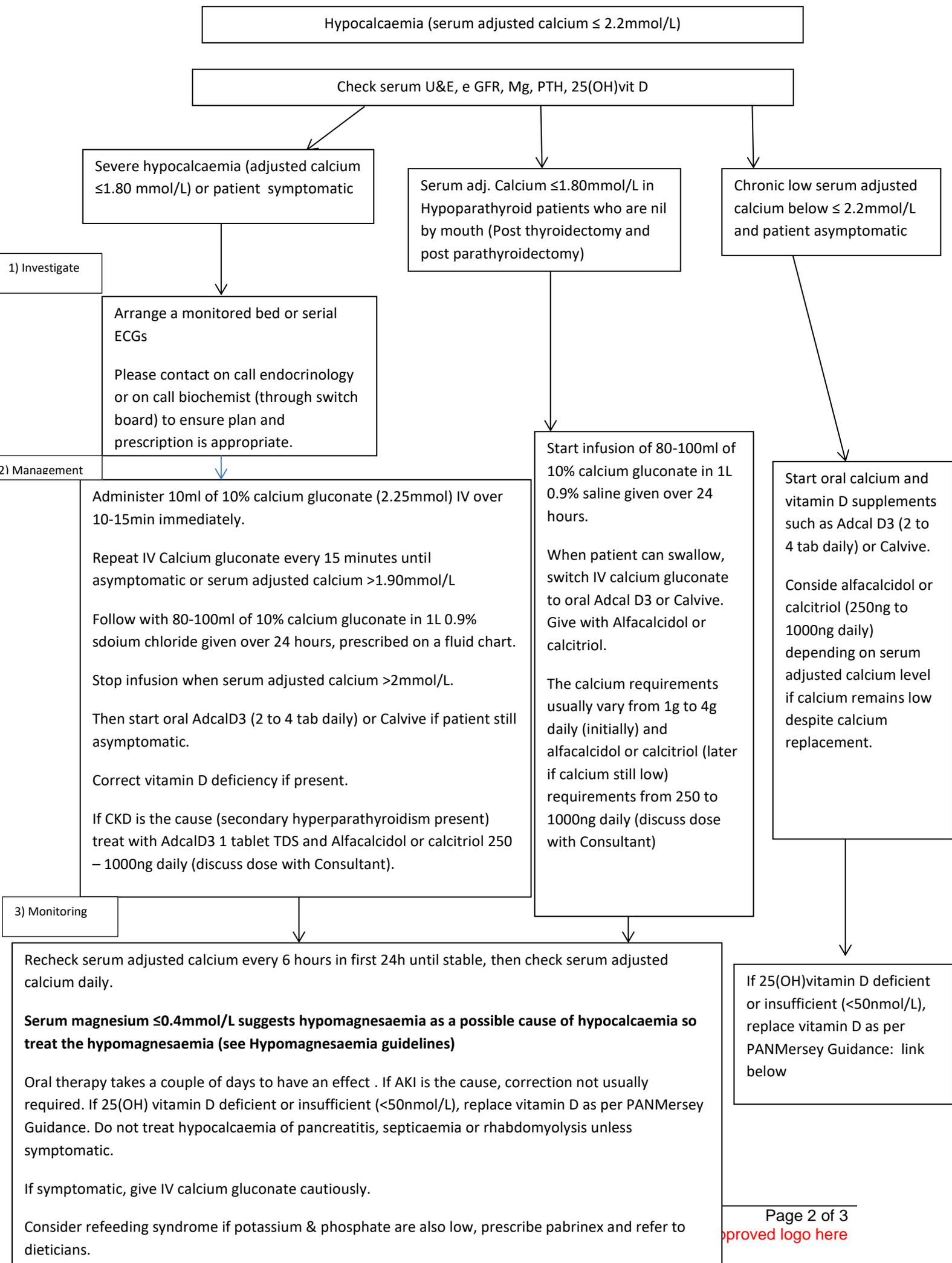
Hypocalcaemia (defined as serum adjusted calcium  $< 2.20$ mmol/L) commonly encountered in clinical practice. Most patients with mild to moderate hypocalcemia (serum adjusted calcium between 2.20mmol/L and 1.90mmol/L) are usually asymptomatic.

Severe hypocalcaemia (serum adjusted calcium  $\leq 1.80$ mmol/L) can present with tetany, tingling or numbness in fingers or around mouth, muscle spasm, carpopedal spasms and arrhythmias.

**Causes:** include hypoparathyroidism (consider clinical history e.g. previous thyroid/parathyroid surgery), alcoholism, CKD, medications (e.g. post-IV bisphosphonate or Denosumab treatment, PPIs, Forscarnet)

**Exclude:** spurious causes e.g. K-EDTA contamination (from blood tube): raised serum K with low serum adjusted calcium when previous results are normal

**Check:** serum U&E, eGFR, Magnesium, PTH and 25(OH)vitamin D



Panmersey guideline for the treatment of vitamin D deficiency:

<https://www.panmerseyapc.nhs.uk/document-store/vitamin-d-deficiency-treatment-in-adults/>

**For any further advice please contact the Consultant on call for Clinical Biochemistry and Metabolic Medicine(through switch board)**