

Total body water, which is distributed into the intracellular and extracellular compartments, makes up 50–60% of the body weight of the average adult patient. The intracellular compartment contains 60% of total body water, the extracellular compartment 40%. The extracellular compartment can be further subdivided into the intravascular and interstitial subcompartments, with the former containing approximately 3.5 l in the average adult patient (i.e., 4% of body weight). These fluid compartments are known to undergo dynamic changes depending on a multitude of factors such as solute or protein concentrations.

What are electrolytes? Electrolytes are minerals that have an electric charge when they are dissolved in water or body fluids, including blood. The electric charge can be positive or negative. You have electrolytes in your blood, urine (pee), tissues, and other body fluids. Electrolytes are important because they help:

- Balance the amount of water in your body
- Balance your body's acid/base (pH) level
- Move nutrients into your cells
- Move wastes out of your cells
- Support your muscle and nerve function
- Keep your heart rate and rhythm steady
- Keep your blood pressure stable
- Keep your bones and teeth healthy

What are the different types of electrolytes in your body? The main electrolytes in your body include:

- Bicarbonate, which helps maintain the body's acid and base balance (pH). It also plays an important role in moving carbon dioxide through the bloodstream.
- Calcium, which helps make and keep bones and teeth