

Sodium in body

,?135 mmol/L,120 mEq/L,?, ??;??;?? ?...

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A sodium blood test (also called a serum sodium test) is a way for your health care provider to measure the concentration of sodium in your blood. This test is often part of a group of tests that measure different substances in your blood, including:

A basic metabolic panel (BMP) is also called an electrolyte panel or a Chemistry panel or a Chem 7. It checks electrolytes, the acid to base balance of your blood, and blood glucose levels.

A comprehensive metabolic panel (CMP) checks electrolytes, but also checks blood protein levels and your liver function.

Sodium is key to helping send electrical signals between cells and controlling the amount of fluid in your body. Your body needs it for your cells to work the right way.

Most foods have sodium in them. The most common form is sodium chloride, found in table salt. Your body loses a certain amount of sodium each day through sweat and when you go to the bathroom.

A sodium blood test will measure your sodium level, because too little or too much can cause problems.

You might have certain symptoms that lead your doctor to suspect that your sodium level may be too high or too low. You might be confused, forgetful, or have problems with reasoning. Other symptoms your doctor may watch for include:

Any number of things can cause your sodium levels to become abnormal. They include:

Your doctor might order a test if you're showing signs of a sodium imbalance or are at risk of becoming imbalanced.

The risks of the test are very low. You might bleed at the puncture site and have a bruise there later. Right after the blood draw, you might feel lightheaded. Infection is possible any time the skin is broken.

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