

EFFECT OF FASTING ON SODIUM AND POTASSIUM RESPECT

Azma'un Indra Maryanti¹, Andri Sukeksi², Tulus Ariyadi³

1. Program Study D IV Health Analyst Faculty of Nursing and Health University of Muhammadiyah Semarang.
2. Hematology Lab Faculty of Nursing and Health Sciences University of Muhammadiyah Semarang.
3. Hematology Lab Faculty of Nursing and Health Sciences University of Muhammadiyah Semarang.

ABSTRACT

Fasting physiologically limiting the intake of fasting foods and beverages will affect the body's physiological adaptation during fasting. The state of fasting causes a decrease in fluid intake so that a person will be relatively lack of fluids and an increase in blood osmolarity that stimulates the posterior pituitary to produce hormones that cause the increase or decrease in reabsorption of sodium and potassium. The purpose of this study to determine the effect of fasting on sodium and potassium levels. Based on the results of the research of 4 blood samples of fasting people in Palopo City in July-July 2017 at the Laboratory of RSUD Sawerigading Palopo obtained test results that from four samples of fasting people examined levels of Sodium and Potassium, using electrolyte analyser method showed that the sample code A, C, D did not decrease sodium and potassium levels while sample code B, decreased first and third sodium levels. There are results of examination of sodium levels below the normal or low value of fasting people, because the body of the fasting person experiencing a lack of fluids.

Keywords: electrolytes, sodium, potassium, fasting