



ADULT MEDICATION GUIDELINE

Resonium

Scope (Staff): All WNHS Staff

Scope (Area): Obstetrics and Gynaecology

This document should be read in conjunction with the [Disclaimer](#).

Quick Links

[Dose](#)

[Administration](#)

[Monitoring](#)

[Pregnancy and Breastfeeding](#)

Restrictions

[Formulary: Unrestricted](#)

Medication Class

Cation exchange resins

Presentation

Powder: 454g (1g of resin exchanges about 1mmol of potassium)

Storage

Store at room temperature, below 30°C

Dose

Hyperkalaemia

Oral:

15g three to four times a day as a suspension or paste

Rectal:

30g as a daily enema

Administration

Oral

Mix with 3 - 4 mL water per gram of resin (usually 15g in 50 -100mL). Do not mix with fruit juices

(they contain potassium) or sorbitol (risk of colonic necrosis).

Suspensions should be freshly prepared; do not store > 24 hours.

Rectal

Mix with 5 mL water or glucose 10% solution per gram of resin (usually 30g in 100–150 mL for adults). Retention may be more difficult with water. Retain enema for as long as possible (for at least 9 hours) and follow with colonic irrigation to ensure complete removal of the resin.

Monitoring

- Initially, both oral and rectal routes may be used to reduce potassium concentration more rapidly
- Monitor potassium concentration during treatment and adjust dose if necessary. Monitor other electrolytes regularly as the resin does not only exchange calcium.
- Clinical effect takes several hours at least; in an emergency other measures must be used
- Mild laxatives may be used to treat or prevent constipation; do not use sorbitol or magnesium-containing laxatives; stop treatment if significant constipation occurs.

Pregnancy

1st Trimester: Considered safe to use*

2nd Trimester: Considered safe to use*

3rd Trimester: Considered safe to use*

For more information, please contact [KEMH Obstetric Medicines Information Service](#).

Breastfeeding

Considered safe to use*

Comments

*As the medicine is not absorbed from the gastrointestinal tract, short term use of polystyrene sulfonate resins is considered safe to use in pregnancy and breastfeeding if it is the medicine of choice. Monitoring of maternal potassium, calcium, sodium and magnesium levels is required during therapy. If the medicine is used near the time of delivery, monitoring of neonatal potassium levels may also be required.

References

Australian Medicines Handbook. Polystyrene sulfonate resins. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2021 [cited

2021 Jul 8]. Available from: <https://amhonline.amh.net.au/>

The Royal Women's Hospital. Polystyrene sulfonate resins. In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2020 [cited 2021 Jul 8]. Available from: <https://thewomenspbmg.org.au/>

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