

**Crit Care Med. 2014 Apr;42(4):1005-6**

**Fluid resuscitation: less is more.**

**Dries D**

**Quote:**

“Administration of IV products other than blood components will change the composition of circulating blood with consequences measured in coagulopathy, disruption of endothelium, loss of membrane integrity, and extracellular edema.

Resuscitation is required but how best to accomplish it remains unclear. An old adage in shock management is to replace what the patient has lost. If blood is lost, then blood should be replaced. The dehydrated patient is a good candidate for crystalloids.

Aggressive administration of crystalloids to the bleeding patient may create acute respiratory distress syndrome and hepatic and renal failure.”