

B	I	N	G	O
Third Spacing	2-6 mm Hg	10 mEq/hr	Dried fruits	Peaked T wave
Hypotension	Cheese	Solute	Isotonic solution	Altered mental status
Osmosis	Skin turgor	Urine output	Antidiuretic hormone	Inverted T wave
Hypercalcemia	Caucasians	Hypernatremia	Potatoes	Hypocalcemia
Magnesium	Serum Osmolality	Hypokalemia	Men	Fluid volume deficit

B	I	N	G	O
Skin turgor	Hypercalcemia	Extracellular space	Interstitial fluid	Hypernatremia
Dry mucous membranes/dry skin/sunken eyes	Avocado	Calcium	Intracellular space	Hypotension
Hyponatremia	Anasarca	Phosphate	Hyperkalemia	Solvent
Altered mental status	Urine output	Sodium	African Americans	Inverted T wave
Peaked T wave	Hypotonic solution	Antidiuretic hormone	Hypertonic solution	Cheese

B	I	N	G	O
Dried fruits	Sodium	Kidneys	Urine specific gravity	Phosphate
Osmosis	JVD and crackles	Potatoes	Avocado	Canned vegetables
Hypotension	Cheese	Men	Interstitial fluid	African Americans
Hypercalcemia	10 mEq/hr	Hyponatremia	Intracellular space	Third Spacing
Broccoli	cardiac arrhythmias	Water	Colloids	Anasarca