
Box A Complications of refeeding syndrome and their underlying mechanisms (in parentheses)[3] [4] [11] [12] [15] [16] [17]**Cardiovascular**

- Arrhythmia (hypophosphataemia, hypokalaemia, hypomagnesaemia, fluid intolerance)
- Congestive cardiac failure (hypophosphataemia, fluid intolerance)
- Cardiomyopathy (hypophosphataemia, muscle wasting)
- Reduced cardiac contractility (hypophosphataemia, muscle wasting)
- Hyper/hypotension (hypophosphataemia, hypokalaemia, hypomagnesaemia)
- Tachycardia (hypomagnesaemia)
- Cardiac arrest (hypokalaemia)
- Digoxin toxicity (hypokalaemia)
- Sudden death (hypophosphataemia, hypokalaemia, hypomagnesaemia, fluid intolerance)
- Fluid overload (fluid intolerance)

Respiratory

- Failure or ventilator dependency (hypophosphataemia, muscle wasting)
- Pulmonary oedema (hypokalaemia)
- Retention of carbon dioxide (hypokalaemia, glucose intolerance)

Neurological

- Fits
- Weakness (hypophosphataemia, hypokalaemia, hypomagnesaemia)
- Paraesthesia (hypophosphataemia, hypomagnesaemia)
- Altered mental state (hypophosphataemia, hypokalaemia, hypomagnesaemia)
- Paralysis (hypophosphataemia, hypokalaemia)
- Ataxia (hypomagnesaemia)
- Tremor (hypomagnesaemia)
- Vertigo (hypomagnesaemia)
- Tetany (hypomagnesaemia)
- Seizures (hypophosphataemia, hypomagnesaemia)
- Wernicke's encephalopathy (thiamine deficiency)
- Korsakoff's syndrome (thiamine deficiency)

Renal

- Osmotic diuresis (glucose intolerance)
- Prerenal azotaemia (glucose intolerance)
- Decreased ability of the renal tubules to concentrate urine (hypokalaemia)

Muscular

- Weakness (hypophosphataemia, hypokalaemia)
- Myalgia (hypophosphataemia, hypokalaemia)

- Rhabdomyolysis (hypophosphataemia, hypokalaemia)

Endocrinological

- Insulin resistance (glucose intolerance)
- Osteomalacia

Haematological

- Platelet dysfunction (hypophosphataemia)
- Haemolytic anaemia (hypophosphataemia)
- Leucocyte dysfunction (hypophosphataemia)
- Altered morphology of red blood cells (hypophosphataemia)
- Anaemia (hypomagnesaemia)
- Reduced oxygen release from hyperbaric oxygen (hypophosphataemia)

Metabolic

- Alkalosis (hypokalaemia)
- Glucose intolerance (hypokalaemia, glucose intolerance)
- Hyperglycaemia (hypokalaemia, glucose intolerance)
- Hypernatraemia (hypokalaemia, glucose intolerance)
- Ketoacidosis (hypokalaemia, glucose intolerance)
- Metabolic acidosis (hypokalaemia, glucose intolerance)

Gastrointestinal

- Constipation (hypokalaemia, hypomagnesaemia)
 - Paralytic ileus (hypokalaemia)
 - Abdominal pain (hypomagnesaemia)
 - Diarrhoea (hypomagnesaemia)
 - Anorexia (hypomagnesaemia)
 - Fatty liver (glucose intolerance)
 - Haemodynamic
 - Dehydration (glucose intolerance)
 - Hypotension (glucose intolerance)
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