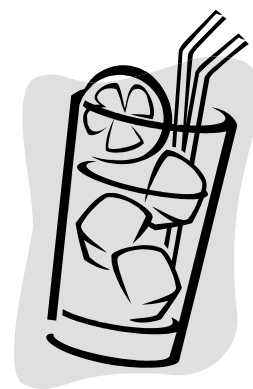


Fluid Intake and Dialysis

Why do I have to limit the amount I drink?

When you make little or no urine, the fluid you drink stays in your body. Some of the fluid can be removed with dialysis. If you drink too much, the extra fluid may be hard to remove. Your heart will have to work harder because of the extra fluid in your blood vessels. Over time, this extra work can damage your heart.

Watching how much you drink is an important part of your dialysis plan.



Drinking too much causes:

- Quick weight gain. This is fluid weight, not muscle or fat
- High blood pressure
- Too much fluid around your heart and lungs making it difficult to breathe
- Puffy hands, face and feet
- Cramping on dialysis

How much can I drink?

Take a total of _____ cups of fluid a day (1 cup = 250 ml/8 oz).

The amount you can drink will depend on how much urine you make.

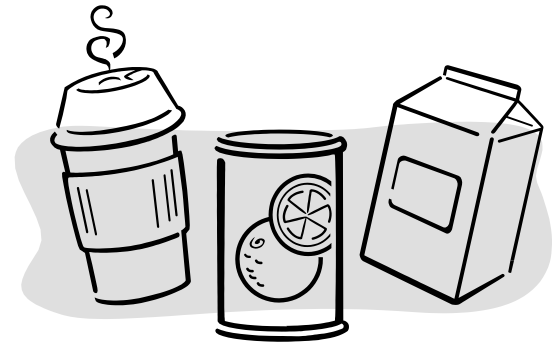
Where does the fluid come from?

The body gets fluid from water, other drinks and food.

You do not need to count the fluid in all foods.

Fluids to count:

Water	Milk	Alcohol	Popsicle™
Ice	Juice	Ice cream	Shakes
Tea	Soup	Jell-O™	Sherbet
Coffee	Soda pop	Nutritional supplement	

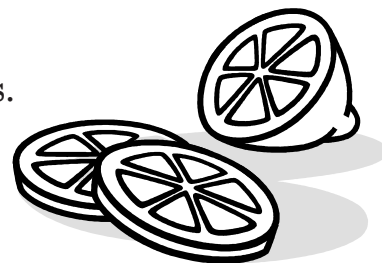


Why am I Thirsty?

- Using too much **salt** or eating **salty** foods makes you thirsty. Choose low sodium foods to prevent thirst.
- **High blood sugars** cause thirst.
Review your blood sugar control. Ask your dietitian or diabetic centre for help if needed.
- **Some medications.** Check with your doctor or pharmacist about pills that cause dry mouth or thirst.

Helpful Tips for Fluid Control

- Measure your usual cup and glasses to see how much they hold.
- Divide fluids between all meals and snacks. Sip fluids slowly.
- Drink only when you are thirsty, not out of habit or to be social.
- Take your pills with your meals or with soft food like applesauce.
- Suck on ice chips. One cup of ice counts as 2/3 cup of water.
- Suck on cold lemon or lime slices or hard, sour candy.
- Check with your pharmacist about mouth moisturising gels.
- Freeze juice or other beverages in an ice cube tray.
- Freeze allowed fruits such as strawberries or grapes.
- Brush your teeth often.
- Rinse your mouth with ice cold water but do not swallow. Mouthwash may make the mouth dryer because of the alcohol content.
- Try eating a slice of bread with margarine and jelly. Food may get rid of the thirst just as well as liquids.
- Use a humidifier if the air is dry.
- Keep busy. It may keep your mind off your desire to drink.



Keeping Track of Daily Fluid

- Each morning, measure out the amount of fluid you can have and pour into a large pitcher or jar.
- Each time you drink, pour the same amount of water out of the container.
- The fluid left in the container will tell you how much you can drink for the rest of the day.



If you gain too much fluid weight between dialysis, try to find out why

- Did you eat foods that are high in salt?
- Are you eating out more than usual?
- Did you drink more at a family party?
- Are you making less urine?

Tips from your Dietitian:

Please feel free to contact your dietitian if you have any questions.

Dietitian: _____ Phone: _____

Where Can I Find More Information?

www.aakp.org

www.davita.com

www.kidney.org

www.rsnhope.org

www.myspiceitup.ca

www.kidneycommunitykitchen.ca

For more copies, go online at <http://vch.eduhealth.ca>
or email phem@vch.ca and quote Catalogue No. **FP.465.F58**
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