

Peritoneal Dialysis Unit

Fluid Balance – When You Are Too Wet or Too Dry

In order to get the best results from Peritoneal Dialysis, it is very important to keep the amount of fluid in your body balanced. When fluid is balanced, you are at your ideal body weight. Your doctor determines your ideal body weight based on:

- your blood pressure
- how well you feel
- clear lungs, no shortness of breath or trouble breathing
- no swelling

Too Wet

What does being too wet mean?

This means you have too much fluid in your body so you are above your ideal body weight. This is called fluid overload.

It is important to remember that fluid comes from what you drink and eat. Some examples are ice cubes, soup, yogurt and ice cream.

Why is being too wet a problem?

When you have too much fluid you have an increased risk of high blood pressure and cardiovascular disease such as heart failure, heart attack and stroke. Your lungs may also be affected and cause breathing problems.

What can cause you to be too wet?

This can happen for many reasons such as:

- drinking and/or eating too much fluid
- having too much salt in your diet
- taking your water pills such as Lasix or Furosemide incorrectly
- missing dialysis treatments; using dialysis solutions incorrectly
- loss of appetite for several days
- decrease in the amount of urine you pass

How may you feel when you are too wet?

You may have some or all of these symptoms:

- feel full or bloated
- feet, ankles, legs, hands and/or face look or feel swollen
- blood pressure may be too high
- weight is _____ kilograms above your ideal body weight
- short of breath and/or not able to lie flat and breathe well
- constant cough or feel congestion in your lungs

What do you do when you are too wet?

- Use a 2.5% dialysis solution if you have any of the above symptoms.

Call your Peritoneal Dialysis nurse if:

- fluid continues to build up in your feet, ankles, hands and/or face
- you continue to gain weight
- the bottom number on your blood pressure is above 100
- you have shortness of breath or trouble breathing
- you have a decrease in the amount of urine you pass



If it is after hours, a weekend or a holiday:

- Call the Inpatient Nephrology Unit and ask for the peritoneal dialysis nurse. Call 905-522-1155 ext. 33224.
- Tell the person answering the phone that you are a home peritoneal dialysis patient.

Too Dry

What does being too dry mean?

This means you have too little fluid in your body so you are below your ideal body weight. This is called dehydration.

Why is being too dry a problem?

When you are too dry or dehydrated, you may have low blood pressure. Dehydration can cause dizziness and lead to a fall where you break bones and/or have a more serious head injury. It can also cause a fast heartbeat, irregular heart beat and or death.

What are the causes of being too dry?

There are many causes for dehydration. Some of these are:

- not having enough fluids that your diet allows
- taking water pills such as Lasix and Furosemide incorrectly
- changes from aging such as less desire to drink or having poor taste buds
- drinking too much caffeine or alcohol
- being outside in hot weather for a long time
- fever, infection, vomiting, diarrhea
- using too many 2.5% solutions for dialysis
- gain real body weight

Please turn over →

How may you feel when you are too dry?

There are many signs of dehydration. Some are:

- low blood pressure
- feeling light-headed
- fainting and/or falling
- headaches, feeling confused
- feeling very tired and weak
- muscle cramps
- dry mouth, lips, nose, sunken eyes, no 'spring' in skin
- decrease in the amount of urine you pass

What do you do when you are too dry?

- Lie down.
- Drink something salty like canned soup.
- Use 1.5% dialysis solution for the next exchange. Then follow your guidelines for picking the proper bag strengths after that.

Call your Peritoneal Dialysis nurse if:

- You do not feel better by your next bag change.



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- Tell the person answering the phone that you are a home peritoneal dialysis patient.