
Kidney Disease and Fluids

What is fluid?

Fluid is a liquid or any food that turns into a liquid at room temperature.



What are some examples of fluid?

Water, milk, juice, tea, coffee, alcohol, soup, and pop are all fluids.

Ice cubes, jello, ice cream, frozen yogurt and sherbet are also fluids as they melt into liquid at room temperature.

Should I limit the amount of fluid I eat and drink when I start dialysis?

When you are on dialysis, you may find your kidneys are not able to make your normal amount of urine. At this time, you will need to control the amount of fluid you drink. The amount you can have will be based on the amount of urine you make.

How much fluid can I safely drink in a day?

The less urine your kidneys make, the less fluid you can safely drink in a day. You are allowed _____ cups each day. 1 cup is equal to 8 ounces or 240 ml.

What does excess fluid do to my body?

Drinking more than you need to can cause high blood pressure, shortness of breath, longer dialysis treatments, and weakened heart muscles. You may also notice swelling in your hands, legs and feet.

How do I know if I am drinking too much fluid?

The weight you gain between each dialysis treatment is called water weight. You should try not to gain more than 2.0 to 2.5 kilograms of water weight between each dialysis treatment.

Why am I thirsty?

Eating too many salty foods will make you thirsty.

Tips to feel less thirsty:

- Avoid using salt and salty foods.
- Brush your teeth or rinse your mouth with chilled mouthwash.
- Swallow medications with soft foods such as applesauce and save fluid for when you are thirsty.
- Suck on a lemon wedge or use lemon in water. The sour taste helps quench thirst.
- Rinse your mouth with ice-cold water. ✘ Do not swallow the water.
- Chew gum or suck on hard sour candies. This helps make saliva in your mouth.
- Freeze 1 cup of water to make 8 ice cubes. Cold things quench thirst better than room temperature.
- Measure the total volume you can drink in a jug. Drink from this jug all day.
- Put grapes in the freezer. Eat frozen grapes when thirsty.

Other Foods and Fluids:

Fruits and vegetables naturally contain water. If consumed in moderation, fruits and vegetables should not contribute large volumes of water to your daily total intake of fluids. Therefore, fruits and vegetables do not need to be counted as part of your daily fluid intake.

Example of how to spread out fluids on a 4 cup (1 litre) fluid restriction:

Breakfast:

2 pieces white toast with margarine, 2 eggs, 1 clementine,
1 cup (240 ml) coffee with splash of cream, sugar.

Lunch:

Tuna salad sandwich on rye bread with lettuce and tomato slice,
 $\frac{1}{2}$ cup (120 ml) watermelon, **1 cup** (240 ml) water

Dinner:

Salmon fillet with butter, lemon and pepper, rice, asparagus, small salad,
1 cup (240 ml) milk. 2 cookies for dessert (ginger snaps, sugar, vanilla or lemon).

Evening snack:

1 cup (240 ml) sherbet