

# Your Fluid Intake Matters!



Kidneys help balance the fluid in your body. When kidneys stop working, balancing fluid in and out for your best health can be harder. Dialysis only removes some of the extra fluid in your body. In-center hemodialysis, especially, takes extra planning to stay in healthy fluid balance. For most people, this means:

- Limiting how much fluid you drink and eat.
- Attending all your scheduled dialysis treatments. Do not miss a treatment.
- Taking your full dialysis treatments allowing the healthcare team to “take off” the amount of fluid prescribed by your doctor.

## Too much fluid in your body can cause serious health problems, including:

- High blood pressure (BP)
- Large drops in BP, dizziness, and cramps during dialysis
- Headaches
- Heart failure and hospitalization
- Edema (swelling of feet, legs, and face)
- Longer dialysis treatments and/or extra treatments to remove fluid

## What is fluid?

Fluid is anything that is liquid, or mostly liquid, at room temperature. That includes some foods, too like soups, watermelon, pudding, and cucumbers. Most dialysis patients need to limit their fluid intake to 32 ounces or 4 cups per day. Talk to your dialysis team about what your fluid intake should be.

## Do you need ideas on how you can limit your fluid intake and minimize your feelings of thirst? Check the boxes of which ideas you'll try.

- Drink from a small glass, cup, or bowl (no more than 6 ounces).
- Add lemon to a cold cup of water. This will help with thirst and dry mouth.
- Eat a piece of cold or frozen fruit.
- Eat soup or cereal with a fork instead of a spoon.
- Suck on a piece of sugar-free hard candy, ice cube, or lemon.
- Chew sugar-free gum or candy. Avoid foods that contain a lot of sugar.
- Limit high-sodium/salty foods.
- Measure and track your fluid intake by using measuring cups before you eat or drink anything that is a liquid. Record the amount of fluid intake in your food log.
- Review your food log with your dialysis dietitian to be sure you do not exceed your recommended daily fluid intake.



## Fluids

Water • Coffee  
Soda • Tea • Ice Cubes  
Alcohol • Milk  
Ice Cream • Yogurt  
Gelatin • Soup • Sauces  
Melons • Juice  
Lemonade • Gravy  
Sherbet



## Remember to:

- Talk to your nephrologist about looking into kidney transplant and/or home dialysis.
- Ask your facility dietitian about other ideas based on your personal information.
- Always take your full dialysis treatment to remove as much fluid as you safely can.



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