

FLUID MATTERS ON DIALYSIS

No doubt that as a dialysis patient, you have been told to restrict your fluid intake to no more than 32 ounces per day. Your specific fluid restrictions will depend on your overall health and the type of dialysis you are on. Those doing peritoneal or home hemodialysis may be able to have a higher intake than those doing in center hemodialysis. Your physician and dietician will discuss your particular fluid requirements with you. This guide will help you understand why fluid management matters

Dialysis works to remove toxins and excess fluid from your blood. Thus, the more fluid you take in, the more dialysis you may need (meaning the more time on your machine). Managing fluid, especially in the warmer months can be challenging, but consuming too much fluid can cause, among other items:

- Headaches
- Low energy
- Swelling in your hands and feet
- High blood pressure
- Difficulty breathing
- Heart damage

HOW MUCH FLUID CAN I HAVE?

In general, your fluid intake should be restricted to 32 ounces or less each day. This is equivalent to one quart or four cups of liquid. However, this can vary depending on your overall health and the type of dialysis you are receiving. Your doctor and dietician will discuss your specific fluid recommendation with you.

MODERATE YOUR SALT INTAKE!

When you are on dialysis, your kidneys cannot remove excess salt and fluid so they build up. Moderating your sodium intake is important. The recommended daily allowance for those on dialysis varies from 750 – 2000 mg per day. Your doctor and dietician will discuss your specific limitations on sodium intake, but here are some tips to help you manage your salt intake.

- Avoid processed foods. Most processed foods are higher in salt.
- Cereals and breads may also be higher in salt so it's important to read labels!
- Cook your own meals from whole foods whenever you can.
- If you are eating out, read the restaurant menus carefully and check the sodium amount.
- Instead of sodium, try these herbs and spices to add flavor to your food: basil, coriander, chili, pepper, paprika, ginger, lemongrass, garlic, lemon or lime juice and zest, onions, vinegar, mustard
- Read nutrition labels. Look for "no-added salt, salt reduced or low salt". Look for hidden salt in the ingredients list. These items all contain sodium: rock salt, sea salt, seasonings, onion, garlic, celery or chicken salt, meat or yeast extract, baking powder, monosodium glutamate (msg), and anything containing the word sodium or sodium bicarbonate

EXCESS FLUID AFFECTS YOUR WEIGHT!

Fluid build up will show up on the scale. Your weight each time you have dialysis will tell how well your treatments are working. Your dietician will work with you in tracking your weight and management.

TIPS FOR LIMITING FLUID:

Fluid management, especially in the warmer months can be challenging. Try these tips for managing fluid intake.

- Freeze fruits such as grapes, strawberries or blueberries.
- Try a piece of sugar free hard candy or chew sugar free gum.
- Rinse your mouth with mouthwash or water, but don't swallow.
- Put some ice chips in a cup and chew on them slowly. Freeze water or your favorite beverage and sip on it as it melts.
- Keep your lips moist with lip balm.
- Keep cool on hot days. This will help relieve the feeling of being thirsty.