

## Kidney Disease: Fluid control on dialysis

*This dietary advice sheet gives some general information to help you make the recommended changes to your diet. If you need more detailed advice or if you are following a special diet that makes it difficult to make these changes, please ask your doctor to refer you to a Registered Dietitian*

Fluid control is an important part of your overall management with kidney disease. Kidneys have a key role in removing water from your body. When your kidneys are not working well, fluid can build up in your body. This can increase your blood pressure, make you feel breathless, result in swollen ankles and can damage your heart over time.

Dialysis can remove a certain amount of fluid from the body but it is not as effective as healthy kidneys. This is why you need to reduce the amount you drink. Having to take off too much fluid on dialysis can give you cramps, nausea and dizziness. Also you may feel unwell for some time after dialysis. If you are on peritoneal dialysis extra fluid removal requires the use of stronger bags containing more glucose (sugar) which is not desirable in the long-term.

**Your Doctor, Nurse or Dietitian may advise you around a fluid allowance. To be able to manage this, it is important to understand where fluid comes from.**

The following guidance will help you to manage your specific amount.

### Where does fluid come from?

- Anything that is liquid at room temperature
- All beverages, hot and cold including fluids with medications
- Milk on cereal
- Wine, beer, spirits
- Soups, gravy and sauces
- Nutritional supplements e.g. Fortisip Compact Protein, Ensure Compact etc.

**Your fluid allowance is:** \_\_\_\_\_

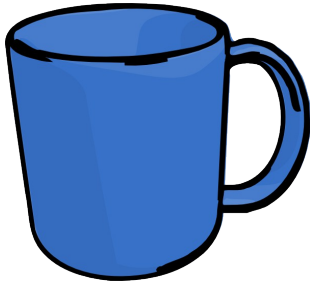
**Notes from your Dietitian:**

**Dietitian:** \_\_\_\_\_

**Contact Number:** \_\_\_\_\_

## Kidney Disease: Fluid control on dialysis

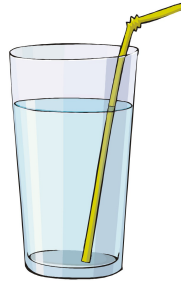
### Where does fluid come from?



**Mug:** 300-350 ml



**Teacup:** 150-190ml



**Glass:** 250ml



**Ice cubes:** 15ml each



**Wine glass:** 125-250ml



**Yoghurt:** 125-150ml



**Soup**



**Milk in cereal or porridge**



**Pint Glass:** 568 ml

### Tips

- Spread your fluid out over the day
- Use a smaller cup such as a tea cup for tea and coffee
- Try sucking on ice cubes or a wedge of lemon to relieve thirst
- Try ice lollies, ice pops or crushed ice drinks especially in hot weather
- Chewing gum can help to stimulate saliva production. Try a minty gum as this can be more refreshing
- Try mouth sprays or breath fresheners
- Artificial saliva or gel can be an option for those with particularly dry mouths (e.g. Xerotin Spray)

### Track your intake:

You might find it helpful to use a jug to keep track of your daily intake. At the start of each day fill a measuring jug with the amount of water equal to your fluid allowance. Every time you have some fluid pour out the same quantity of water from your jug. As the day progresses you will see your fluid allowance go down and this will help you plan your drinks for the rest of the day.

You can also track your intake using fitness apps on your smartphone/tablet

### Reduce your salt intake

- Eating less salt will help to reduce thirst
- Around 90% of our daily salt intake comes from processed foods therefore fresh home-cooked meals are best
- Try to reduce salty snacks such as crackers, crisps, salted nuts, pretzels, salted popcorn, instant noodles, powdered soups
- Try not to add salt at the table and use alternatives to flavour your cooking such as herbs, spices, lemon and vinegar
- Avoid the use of salt substitutes such as Lo-salt or Bio-salt as they contain potassium

### Reduce your sugar intake

- Excess sugary drinks can cause dryness and may make you feel thirsty
- Try reduced sugar/sugar-free alternatives, or water
- Raised blood sugars may increase thirst. Good blood glucose control is –important to help with fluid control. Request advice from your diabetes, doctor or nurse.