

FLUID GUIDELINES

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- **Hints for dealing with thirst**

Check the ideas you will try:

- Suck on lemon wedges or hard candy.
- Chew gum or use breath spray to moisten your mouth.
- Rinse your mouth with cold water but do not swallow it.
- Snack on ice cold or frozen fruit. Frozen blueberries, grapes and strawberries are especially good.
- Freeze fruit drinks or lemonade in an ice cube tray, or suck on a Popsicle™.
- Sip ice-cold fluids to satisfy thirst instead of room temperature liquids.
- Sour liquids like lemonade or lemon water quench thirst better than sweet or cola drinks.

- **Hints for limiting fluids.**

Check those you will try:

- Use small cups or glasses so you won't be tempted to drink more than you should.
- Take medicine with soft food like applesauce instead of water.
- Try espresso or strong coffee for the same lift without the large volume.

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- **Why are fluid gains unhealthy?**

Drinking too much fluid can make your hands, feet and legs swell. Extra fluid can raise your blood pressure and make your heart work too hard. Over time, your heart becomes too large and does not pump well. Sometimes you may have trouble breathing.

If your fluid gains are high, the dialysis machine uses extra pressure to pull the fluid off your body. This can make you feel sick, have headaches and muscle cramps.

If you keep your fluid gains below the safe range for you, you should not have these problems.

Your Nutritionist is:

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- **For Dialysis Patients**



Fluids or liquids are an important part of any diet. A fluid is anything that is liquid or will melt at room temperature.

Check the fluids you enjoy:

- Water, sparkling water
- Ice cubes, ice chips
- Fruit drinks, fruit juice
- Coffee, tea, cocoa
- Beer, wine, liquor
- Soda pop
- Sherbet
- Milk
- Popsicle™
- Milkshake
- Jell-O™
- Ice cream
- Soup

These foods don't count as fluids: pudding, custard, yogurt, cottage cheese, gravy, sauces, and fruits.

