



Cramping: How to avoid it

Tips to avoid cramping!

- ◆ Keep your sodium intake to 1,500 mg/day.
- ◆ Keep your fluid gains to 1-3 kg between treatments.
- ◆ Don't shorten or skip treatments, you only make cramping next time worse.
- ◆ Read labels. Don't eat anything with more than 400 mg of sodium per serving.
- ◆ Keep a diary of what you eat and drink to help you improve.
- ◆ Measure your drinking glasses to see how much they hold.
- ◆ Remember that weekends you have an extra day, so be more careful of sodium and fluid intake.
- ◆ Don't eat during dialysis, it pulls more fluid out of your muscles, making cramping worse.
- ◆ Check with your doctor about whether you should hold your blood pres-

Some people on hemodialysis may have severe muscle cramping during their treatment. For some, the pain of awful cramps may mean they dread coming to dialysis.

What causes cramping?

We think people get severe cramping when too much fluid is removed too fast from your body. This can happen when your fluid weight gains between dialysis are too high. If you come to treatment with extra fluid in your body, the dialysis treatment is adjusted to try and remove what you gained.

If you have gained too much, and it is taken off too fast, painful cramps, nausea, vomiting and headache can all be results.

How to keep from getting cramps?

The best way to keep from getting cramps is to not gain more than about 2-3 kilograms between your runs. If you are a very small or large person, less than 4% of your body weight. Your dietitian can help you figure out a good goal for your fluid gains.







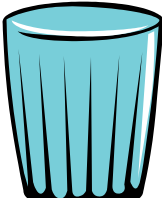



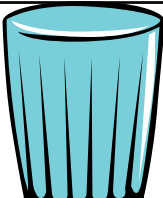

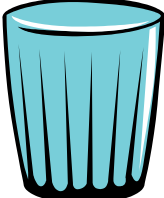

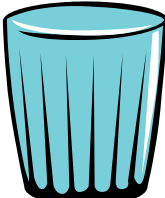
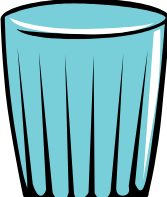



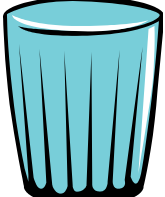

How to keep from gaining too much fluid?





Check off your fluids

Cross off a glass every time you have 8 oz of fluid. If you drink more than 3 cups, write the extra amount in the **Other Fluids** box. Limit yourself to one salty food a day. Keep track of the salty foods in the **Salty Foods** box

Sunday				Other fluids	Salty Foods:
Monday				Other fluids	Salty Foods:
Tuesday				Other fluids	Salty Foods:
Wednesday				Other fluids	Salty Foods:
Thursday				Other fluids	Salty Foods:
Friday				Other fluids	Salty Foods:
Saturday				Other fluids	Salty Foods: