

Cramping!

How to prevent cramping

Tips to avoid cramping

- Keep your sodium intake to 1,500mg each day.
- Keep your fluid gains to 1-3kg between treatments.
- Don't shorten or skip treatments, you only make cramping next time worse.
- Read nutrition labels,. Try not to eat anything with more than 400mg of sodium per serving.
- Keep a diary of what you eat and drink to help you keep track.
- Measure your drinking glasses to see exactly how much they hold.
- Remember that you have an extra day on your weekends, so be more careful of sodium and fluid intake.
- Don't eat during dialysis. Eating can make cramping worse.
- Check with your doctor about whether you should hold your blood pressure medicine on days you run.

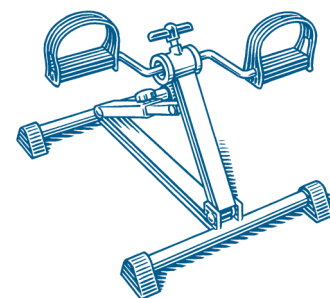
Some people may have severe muscle cramping during their hemodialysis treatment. The awful pain of cramping can make it hard to stay on dialysis for the whole treatment.

What causes cramping?

You can get severe cramping when too much fluid is removed too fast from your body. This can happen when you gain too much fluid weight between your dialysis treatments. The extra fluid needs to be removed from your body, so your heart does not have to over work. Your dialysis treatment will be adjusted to take off the extra fluid. This can cause painful cramping, nausea, vomiting and headaches.

How to keep from getting cramps?

The best way to keep from getting cramps is to not gain more than about 1-3 kilograms between your treatments. Some people also find using the pedlar during the first 30 minutes of your treatment, helps to prevent cramping. Talk with your dietitian about good fluid gains for you or trying the pedlar.










How to keep from gaining too much fluid?

Limit your sodium intake. Read the nutrition labels and look for lower sodium foods. Sodium is what makes you thirsty. Track the amount of liquids you drink each day to stay within your goals.



Check off your fluids

Cross off a glass every time you have 8 ounces 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 and keep track of them 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