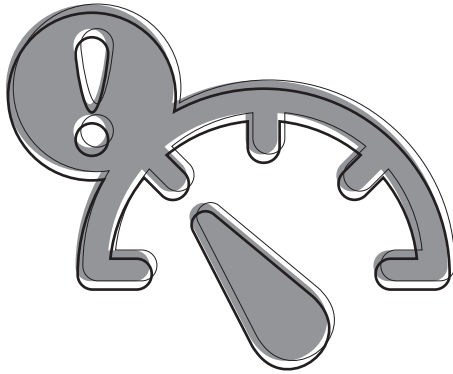


FLUID OVERLOAD



Excess fluid can cause extreme physical discomfort between and during dialysis treatments; over time, elevated fluid levels can damage your heart and shorten your lifespan. We have put together a guide to help you stay where you need to be during treatment.



EFFECTS

ON YOUR HEALTH

- High blood pressure
- Puffiness and swelling
- Loss of energy
- Difficulty breathing
- Heart damage
- Shorter life span

ON DIALYSIS

- Weakness after treatment
- Drop in blood pressure
- Rapid heartbeat
- Muscle cramps
- Headaches
- Fainting
- Nausea

FLUID TARGETS:

A general guideline is to keep your fluid weight gain under 2 kilograms (kg) between dialysis treatments. This is equivalent to approximately 8 cups of fluid.

FLUID SOURCES:

LIMIT OR AVOID		MONITOR
Milk	<p>→</p> <p>Consider these healthier substitutions instead</p> <p>→</p>	Water
Colas & Beer		Carbonated Beverages & Root Beer
Bottled Coffee & Tea		Brewed Coffee & Tea
Canned Soup & Bouillon Broth		Homemade & Low-Sodium Soup
Ice Cream & Sherbet		Ice, Popsicles, & Fruit Ices
Sports Drinks & Sugary Beverages		Juices & Lemonade
Melon		Gelatin

MORE THAN JUST DRINKS:

Our bodies receive fluid from more than the liquids we drink. Any food that melts at room temperature – including ice cream, popsicles and gelatin – contributes to your fluid intake. Your nutritionist will teach you about “hidden” fluid sources, such as citrus fruit, and about how to count them toward your fluid target.



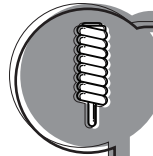
TIPS & TRICKS



When you feel thirsty, instead of drinking, suck on ice chips, hard candy, frozen grapes or frozen lemon slices.



Consider your fluid allowance in terms of actual containers or bottles/cups you drink from. If you tend to only drink water, you may want to start the day with a bottle that contains the full amount of fluid you can drink, in order to pace yourself throughout the day. If you like to mix it up during the day and drink of few different kinds of things; it may help to break up your fluid allotment into a set number of 8oz glasses. So, for example, you know throughout the day you can have one cup of coffee, two glasses of water, and a glass of freshly brewed ice tea. The more you plan how you spend your fluids, the easier it will be for you to stick to your targets and make better decisions about how you “spend” them.



Remember that the foods we mentioned about (i.e., soup, popsicles, gelatin, etc.) also contribute to your fluid levels, so make sure to account for those things when you plan your fluids for the day.



Avoiding salty foods is good for your diet and goes a long way toward keeping your thirst under control as well.



Avoid working in the sun for long periods.



Your thirst is affected by your level of activity each day. When you know you will be more active than normal, try to make a fluid plan beforehand to keep you hydrated.



Carry a ½ cup measuring cup when you leave the house.



Keep cool on hot days with light clothes and air conditioning or fans.



**HAVE MORE QUESTIONS?
WE'RE HERE FOR YOU!**

CALL US ON (713) 218-6500

OR

**VISIT OUR WEBSITE
WWW.DIALYSPA.COM**

YOU CAN ALSO CHAT WITH US ON:

