

Fluid Management



Every Drop Counts

Education and Activity Workbook

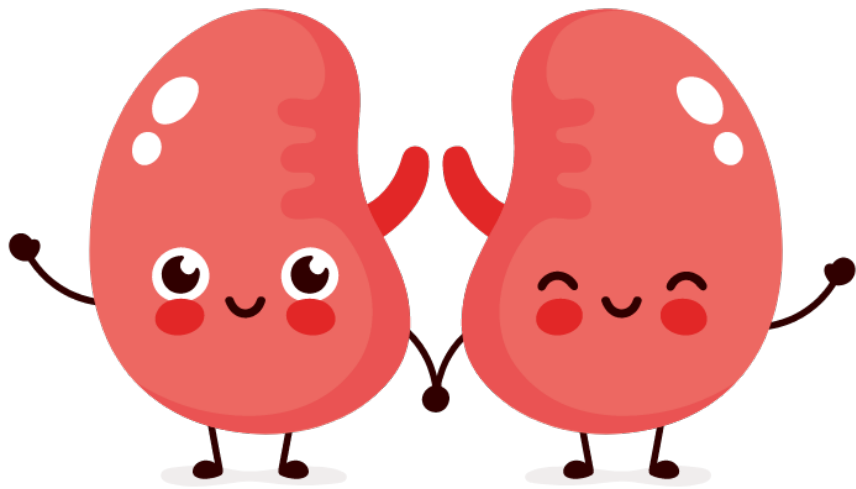


Midwest
Kidney Network



Quality
Insights

Renal Networks 3, 4 and 5



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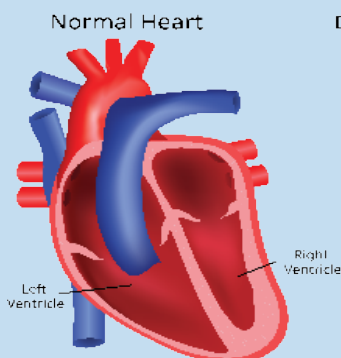
Fluid Management

When the kidneys do not work, extra fluid builds up in your body. If too much fluid builds up, dialysis cannot take out all of the extra fluid from your body. There are ways to make sure your fluid level is normal and keeps you safe –

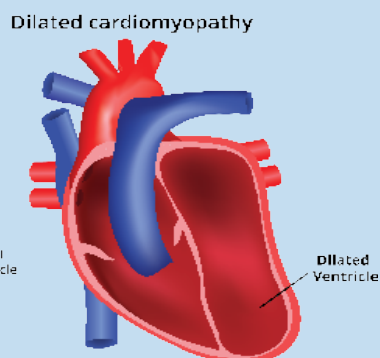
1. If you are receiving **hemodialysis treatments** at the dialysis facility, go to all dialysis treatments and stay on the machine for the full time your doctor ordered.
2. If you are doing **dialysis at home**, you may not have the same fluid restrictions as someone receiving treatments at the dialysis facility. Make sure that you perform all your dialysis treatments as ordered by your doctor.

Too much fluid hurts your body and you will not feel good enough to do the things you want to do. It can even lead to needing care in the hospital and death. Why?

Normal Heart

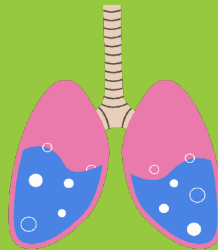


Enlarged Heart



Fluid Management

2. Extra fluid can fill up your lungs so you cannot breathe easily.



3. Extra fluid can fill up in your legs making it hard to move and causing pain.

4. You can also feel sick to your stomach, tired, and not think clearly.

5. To view a short video on fluid management, use your phone to scan the QR code.



Doing Fluid Management Right

When you manage the level of your fluids, you feel good!

Your blood pressure is healthy

You are at your dry weight

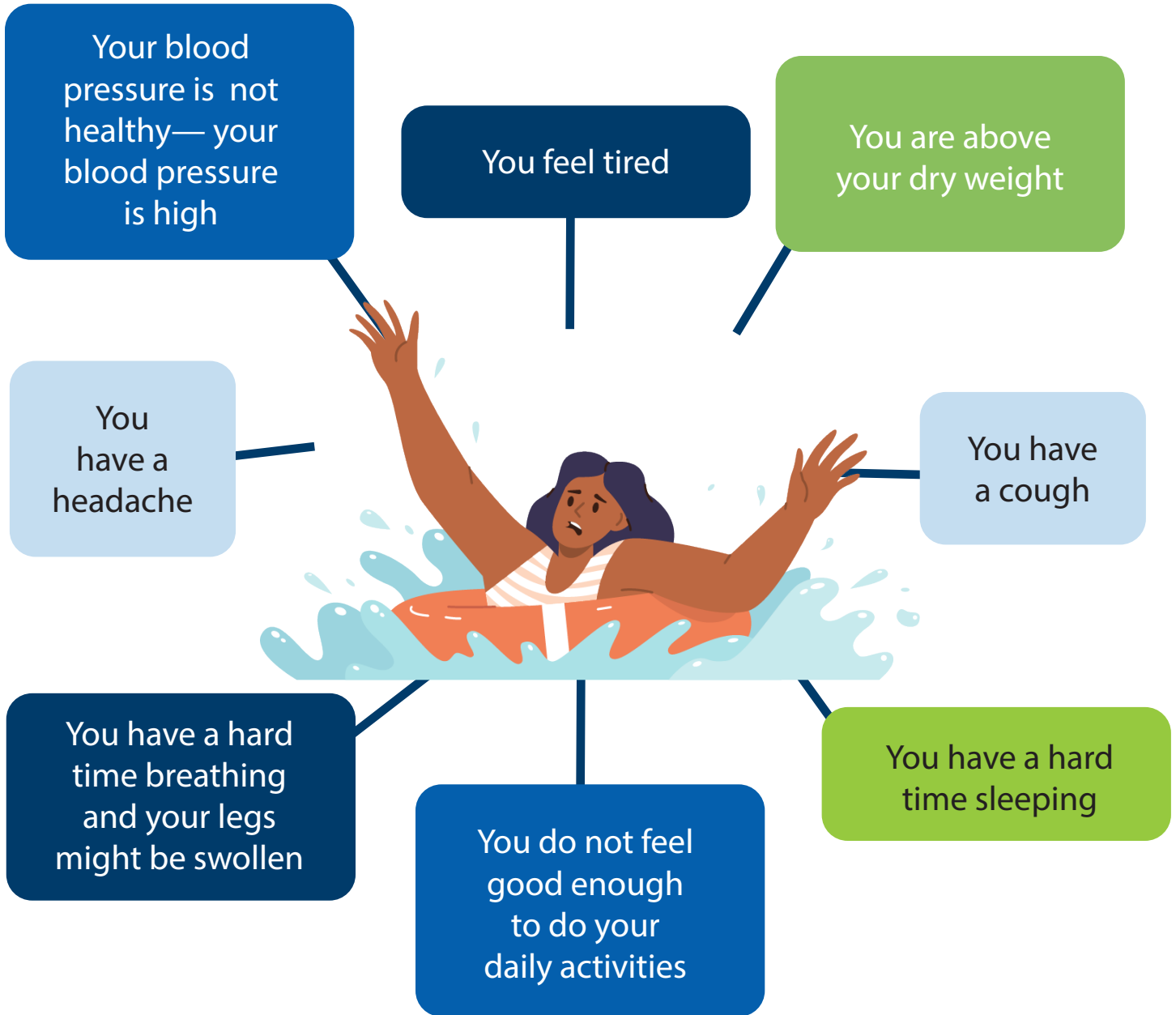


You can breathe well

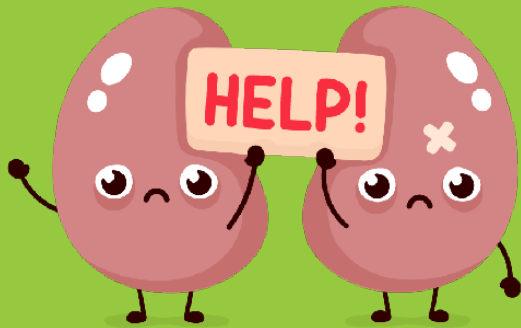
You can do your daily activities

Not Managing Fluids Properly

When your body has too much fluid, you do not feel good!



Salt is Also Called Sodium



When your kidneys do not work, you need to limit how much fluid you eat and drink.

You also need to eat foods with a low amount of salt. Salt is also called “sodium” on food labels.

Salt causes two problems in managing fluids when your kidneys do not work.

1. Eating foods with too much salt, or sodium, make you feel thirsty and drink more fluids. When you drink too much fluid, there can be too much fluid to remove during dialysis treatment.
2. Salt makes your body hang onto extra water. When your body hangs on to extra water, it is hard to remove during dialysis treatment.



Tips for Lower Salt Intake

1. Do not add salt to the food you eat.

2. Do not add salt when you are cooking.

3. Read food labels of the foods you buy and eat.

4. Eat less than 2,000 mg of sodium each day.

5. Talk with your dialysis staff to learn how much salt intake is right for you.

Reading Nutrition Labels

Sodium Percent Daily Value is based on a total daily sodium intake of 2,300 mg.

This example has 470 mg of sodium, which is 20% of the daily recommended sodium intake.

Consult your dietitian or dialysis care team for your recommended sodium intake limit.

Nutrition Facts

Servings Per Container 2
Serving Size 1 cup (228g)

Amount Per Serving

Calories 250

% Daily Value*

Total Fat 12g 18%

Saturated Fat 3g 18%

Trans Fat 3g

Cholesterol 30mg 10%

Sodium 470mg 20%

Total Carbohydrate 21g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

*Percent Daily values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Some Foods Count as Fluids, Too!

People on dialysis need to manage how much fluid they eat and drink so the body does not have too much extra fluid.

All the fluid in what you drink and eat adds to the fluid level in your body.

Everything you drink counts as a fluid – water, coffee, tea, soda, juice, alcohol, etc.

Some foods count as fluids too! Some of these are soup, ice cream, Jello, pudding, watermelon, grapes, gravy, sauces, and ice.

Most dialysis patients can only take in 32 ounces of fluid each day.

This is the same as 4 cups or 950 milliliters. Your dialysis team can tell you what a safe amount is for **you**.

My fluid limit each day is:

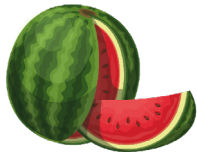
It All Adds Up!

Match each picture to the correct amount of fluid found in each item.
Talk to your dialysis team to learn more about the fluid intake
that is right for YOU!



Cup of coffee/tea

240 mL (1 cup or 8 ounces)



**Watermelon- 1 cup, cut
in cubes**

150 mL (2/3 cup or 5 ounces)



Bowl of soup

1000 mL or more!



Ice cream cone

175 mL (3/4 cup or 6 ounces)



Large soda/water

500 mL (2 cups or 16 ounces)



Bottle of water

360 mL (1.5 cups or 12 ounces)

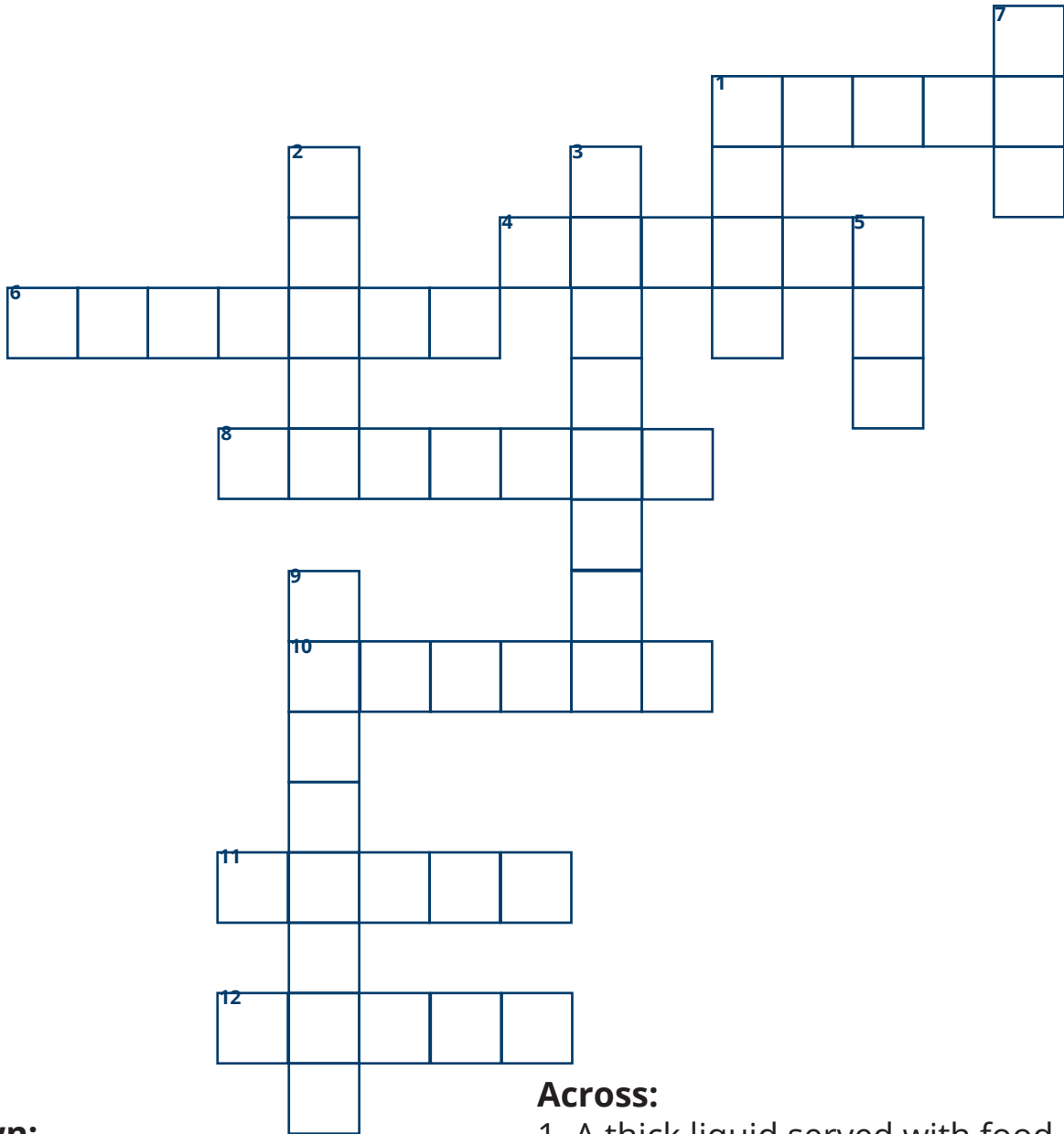


Ice cubes- 5 cubes

200 mL (3/4 cup or 7 ounces)

Crossword Puzzle

That Counts!



Down:

1. A favorite type is chicken noodle
2. Liquid from a fruit
3. Frozen flavored water
5. You can drink this hot or cold
7. This makes your drink cold
9. A dessert made from milk

Across:

1. A thick liquid served with food
4. A dairy food
6. The proof is in the...
8. Jello
10. A morning drink
11. The liquid part of soup
12. H₂O

Tips from Kidney Patients like you!

Tip 1: Use less salt.

Instead of using salt, add flavor using spices and herbs.

Some herbs and spices to use instead of salt: rosemary, garlic, oregano, chili, ginger, cinnamon, and basil.



Tip 2: Eat out less.

Takeout foods are not the healthiest foods for you. They are highly processed and contain high amounts of salt.

Try to eat home cooked meals more than you eat takeout foods.

Tip 3: Limit your fluid intake.

Separate your total fluids for the day into small portions. For example, if you are limited to drinking 32 ounces for the entire day, you can separate that into small portions of 8 ounces, 4 times throughout the day.

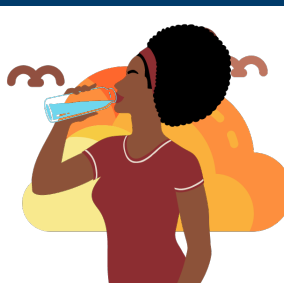
For drinking more than 4 times throughout the day, make your drinking portions smaller by using a small cup. Take small sips, do not gulp.



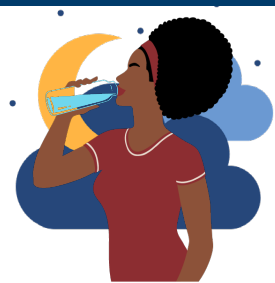
8 oz. in morning



8 oz. at noon




8 oz. in afternoon



8 oz. in evening

Tips from Kidney Patients like you!

Common fluid portions

1 small juice glass	1 cup	1 large mug	1 can	1 large soda
				
6 fluid ounces	8 fluid ounces	10-12 fluid ounces	12 fluid ounces	32 fluid ounces

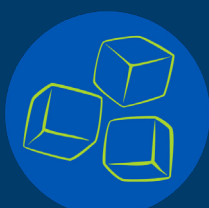
Tip 4: When you feel thirsty, try chewing on ice cubes, ice chips, or a hard candy like Lifesavers, Jolly Ranchers, or lollipops.



Tip 5: Watch out for hidden sources of fluids, such as popsicles, ice cream or sherbert.



Anything you can pour: juice, coffee, protein shakes, water, milk, tea, soft drinks



Ice cubes
1 cup = 3/4 fluid



Soups, broths, gelatin (including Jello)



Foods that melt at room temperature: ice cream, popsicles, frozen yogurt



Pudding texture foods: pudding, yogurt, custard

Make Your Goals

S

M

A

R

T



Setting goals is a great way to challenge yourself to make healthy lifestyle changes. Set yourself up for success by making your goals SMART!

SPECIFIC

What is your goal?

MEASURABLE

How will you keep track of your progress?

ATTAINABLE

How will you achieve your goal?
Make a plan!

RELEVANT

How will this goal help you?

TIMELY

When will you achieve this goal?

S My goal is: _____

Example: I will follow the fluid intake limits as indicated by my doctor so I can: go to my daughter's wedding; go to my granddaughter's soccer game; feel better

M I will track my progress by: _____

Example: I will write down the number of ounces. I will check my weight every day to see if there are any changes.

A I will achieve this goal by doing the following: _____

*Example: 1. Plan how much I will drink during the day.
2. Measure and track the amount of fluid I take. Including soup, Jello, ice, popsicles.*

R This goal helps me because: _____

Example: This goal will help me feel better, avoid getting too much liquid, and stay away from the hospital.

T I will complete this goal by (date): _____

Example: I will achieve my goal by February 15.

Self-Reflection & Journaling Pages

I will track my progress by: _____

Self-Reflection & Journaling Pages

I will track my progress by: _____

Self-Reflection & Journaling Pages

I will track my progress by: _____

Self-Reflection & Journaling Pages

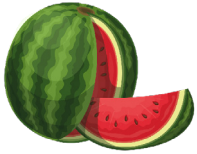
I will track my progress by: _____

Answer Key: It All Adds Up!



Cup of coffee/tea

175 mL (3/4 cup or 6 ounces)



Watermelon- 1 cup, cut in cubes

200 mL (3/4 cup or 7 ounces)



Bowl of soup

360 mL (1.5 cups or 12 ounces)



Ice cream cone

240 mL (1 cup or 8 ounces)



Large soda/water

1,000 mL or more!



Bottle of water

500 mL (2 cups or 16 ounces)

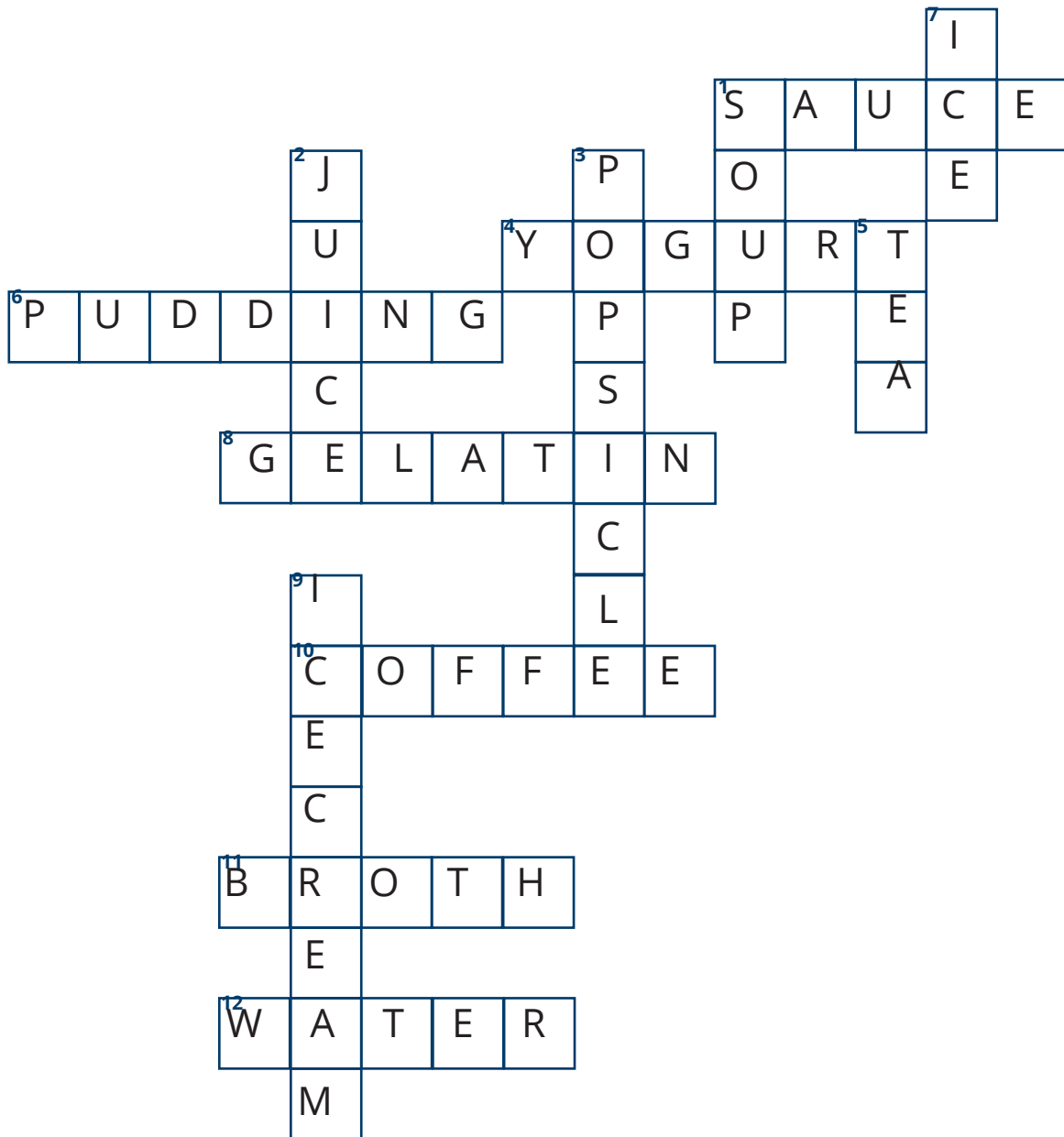


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Crossword Puzzle



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