

# Managing your fluid balance on dialysis

Nutrition and Dietetic Services

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.



## Who should read this leaflet?

Anyone who has been prescribed a fluid restriction by their doctor or dietitian.

## What will the leaflet tell me?

It aims to explain how your body controls fluid, the problems too much fluid can cause and how you can prevent fluid buildup.

## How does my body balance fluid?

Fluid is taken into your body from food and drink. Healthy kidneys have a key role in balancing the fluid in your body, by removing excess fluid in urine. When your kidneys are not working you may not pass urine, or pass only small amounts. Once fluid is in your body, the only way of getting rid of it is by dialysis. Too much fluid can be harmful and your dialysis may need to be changed.

## Why is too much fluid harmful?

Excess fluid in the body can cause:

- Shortness of breath
- Raised blood pressure
- Strain and damage to your heart

## How do I know I am taking too much fluid?

You may have swollen ankles or puffy hands or face - this excess fluid is sometimes called oedema.

## How can I prevent fluid buildup?

You can do this in two ways:

- By limiting the amount of fluid you take from food and drink
- Limit salt intake as it will increase your thirst and encourage fluid retention

## So how much fluid can I have each day?

This is individual to you and will be discussed by your doctor or dietitian. The recommended amount includes all drinks and liquid foods (for example, soup, gravy, ice-cream).

Some people find it is helpful to measure what they are eating and drinking to keep a check on their fluid intake. This can be done as follows:

Use an empty measuring jug and each time you have a drink or liquid food put the same amount of water into a jug. For example, if you have a glass of squash, use the same sized glass, fill it with water and put into a measuring jug. At the end of the day you can see how much fluid you have consumed. If it is more than your recommended allowance, follow these tips on cutting down:

- Half fill your cups, mugs, and glasses and ask others to do the same for you
- Use smaller cups or glasses for your drinks
- Spread your drinks throughout the day, pace yourself so that you haven't used all your fluid allowance by afternoon
- Chewing gum or sucking mints / boiled sweets will help stimulate saliva and stop your mouth feeling dry
- Salt and salty foods will make you thirsty. Use less salt in cooking and avoid adding salt at the table. Have salty foods less often (for example, bacon, ham, salted snacks, cheese)
- Use herbs and spices, instead of salt, for flavour
- Limit gravy, soup, jelly, ice-cream and ice-lollies as they come out of fluid allowance

## Where can I get more information?

Ask to speak to one of our renal dietitians if you would like to discuss the points in this booklet in more detail.

You can also find further information on the following websites:

**[www.kidneycareuk.org/about-kidney-health/living-kidney-disease/lifestyle/](http://www.kidneycareuk.org/about-kidney-health/living-kidney-disease/lifestyle/)**

This leaflet was produced by:

### **Nutrition and Dietetic Services**

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8:30am - 5:00pm (excluding weekends and bank holiday)





## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowałiby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。