



Renal Ventures Management, LLC

RENALSERV, LLC

Understanding Fluid

Why is limiting fluids so important?

- The kidneys are no longer able to get rid of extra fluid
- Those who gain a lot of fluid between treatments have more discomfort during treatments
- Large fluid gains cause heart and lung problems

What can happen if I gain too much fluid between treatments?

- Difficulty breathing
- Swelling in hands, feet, face
- High blood pressure
- Headache
- Cramps
- Low blood pressure, cramps, nausea and vomiting, and dizziness during dialysis
- Damaged heart
- Feeling tired or “washed out”

What can I do to limit fluid gain between treatments?

- Don't eat salty foods
- Use small cups or glasses and measure fluids
- Know what counts as a fluid (anything that turns liquid at room temperature)
- Use hard candy or chewing gum to stop feeling thirsty
- Brush teeth or use mouthwash to stop thirst
- Use lemon wedges to stimulate saliva
- Take pills with pudding or apple sauces instead of water

Ask your dietitian or Care Partner for other hints on limiting your fluid intake