



Manage Your Fluids

As a dialysis patient you have fluid restrictions with your diet. If you drink more than your limit, it can cause "Fluid Overload" which leads to the following:

- Swollen feel, ankles, eyelids
- High blood pressure
- Shortness of breath
- Anxiety
- Irregular heart beats

It can affect how you feel on dialysis. The more fluid you have in your body the harder your body works, causing these potential problems while on dialysis:

- Severe cramps
- Low blood pressure
- Fainting
- Fast and irregular heart beat
- Nausea
- Washed out feeling after dialysis

Foods that melt at room temperature are also fluids:

- Jello
- Ice Cream
- Ice Cubes
- Popsicles
- Sherbet/Sorbet

Other foods that contain fluid are:

- Sodas/ Soft drinks
- Soup
- Milk Shakes
- Alcoholic beverages
- Fluids taken with medicine
- Natural fruits/ vegetables

Suggestions to reduce dry mouth and thirst:

- Avoid salt and salty foods.
- Take medication(s) with mealtime liquids.

- Use sugarless mints and/or sugarless gum
- Place ½ cup of grapes in the freezer, they slowly defrost.
- Pocket breath spray like Binaca or Listerine
- Rinse mouth with chilled mouth wash.

A list of salty foods to avoid: (see Dietitian for a complete list):

- Ham
- Lunchmeats
- Cheese (other than cream cheese or cottage cheese)
- Tartar sauce, Heinz 57 sauce, ketchup
- Soy, Fish and Oyster sauce
- Kosher and smoked meats
- Pizza

Remember, daily “fluid allowance” will be individualized between *your* Doctor and Dietician.