Name : _____

Fluid Restriction

Healthy kidneys regulate fluid balance and help remove fluid and waste from your body. When you have kidney failure, dialysis helps remove excess fluid and waste products from the body, but it is not as effective as healthy kidneys. Weight gain between dialysis sessions is usually due to the buildup of excess fluid.

Excess fluid and weight gain can have harmful effects on your body. It can cause:


Swelling in face, legs and hands


Cramps



High blood pressure


Shortness of breath


Heart failure

In general, any food or beverage that becomes liquid at room temperature and contains water should be counted as part of your fluid intake.

Examples of fluid include:


Tea


Coffee


Milk



Juices


Jelly/Agar-agar


Ice kacang


Porridge


Soups/Broths


Gravy/Curry


Ice cubes


Ice cream


Yoghurt

You may use the following item to estimate fluid content:



1 tablespoon
(15ml)



1 Chinese soup spoon
(30ml)



1 ice cube
(20ml)



1 full sip
(30ml)



1 Chinese bowl
of porridge
(100ml)



1 tea cup
(150ml)



1 cup
(250ml)



1 mineral water bottle
(500ml)

Find out how much you can drink in a day:

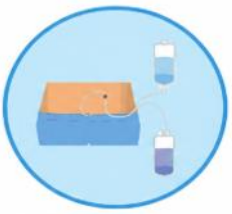
I'm still passing urine

Yes ☐ No ☐



HD patients:

500ml + A = B



PD patients:

A + ultrafiltration (UF) = B

A My daily urine output is roughly ☐ ml

B I'm allowed to drink ☐ ml in a day

Tips for better fluid control:

1. Tips to monitor and reduce fluid intake



Divide fluid allowance



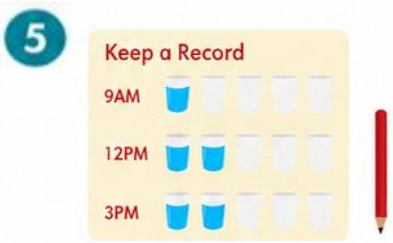
Plan for the amount needed for medications



Use smaller cups



Sip fluids slowly throughout the day



Keep a record of your fluid intake throughout the day



Use a measuring bottle to track your fluid intake

2. Tips for managing dry mouth or thirst



Suck on lemon wedges



Suck on ice cubes or cold fruits



Rinse your mouth with water, but do not swallow it

3. Tips to reduce thirst



Reduce intake of high sodium food such as chips, processed foods and preserved foods



Limit intake of sauces, soups and gravies

For any enquiry, please consult your dietitian for further explanation.