

Managing Your Fluid Intake in Chronic Kidney Disease

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What do we mean by ‘target’ or ‘ideal’ body weight?

It is when the balance of fluid in your body is just right for you!

Signs you are taking in too much fluid:

- › unusual weight gain, such as 3 kg in a week or 5 kg in a month (clothes are too tight)
- › high blood pressure
- › swelling of hands, feet, and around eyes
- › shortness of breath

Rule of thumb for fluid intake

- You are generally OK to take in 500-1000 ml (2-4 cups) of fluid plus an amount equal to the previous 24 hours’ output of urine (pee).
- A fluid is anything that would be liquid at room temperature, such as ice cubes, ice cream, and soups.

Sources of fluid in the diet

- Our bodies get fluid from water and liquids, such as tea, juice, pop, and milk.
- Our bodies also get fluid from the food we eat.

Remember: SALT is a 4-Letter Word!

S = salty snacks, soups, sandwich meats

A = always

L = lead

T = to thirst and fluid intake

Tips to control your fluid intake

- Use small cups and glasses.
- Avoid salty foods to help control thirst.
- Rinse your mouth with water but do not swallow.
- Drink ice-cold fluids because they satisfy your thirst better.
- Chew gum or suck hard candy (choose sugar-free if you have diabetes).
- If you have diabetes, try to keep your blood sugar controlled. High blood sugar will make you more thirsty.

If you have questions about fluid intake:

- › talk to a dietitian
- › talk to your dialysis nurse
- › talk to your kidney doctor or nurse practitioner

Notes:

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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The information in this pamphlet is to be updated every 3 years or as needed.