

My Fluid Plan

It's important to monitor the amount of fluid you drink, because too much fluid can cause high blood pressure, swelling, headaches, chest pain and make it hard to breathe. Dialysis can remove some of the extra fluid in your body, but not all of it.

This 'fluid plan' will help you to make a plan to drink less fluids.

Hint: you can make more than one plan to help you manage your fluid intake.

Step 1: Choosing a situation

Below is a list of common situations when people feel tempted to drink too much fluid. Choose a situation that you would most like to change.

I am often tempted to drink too much fluid when		
I am thirsty		
I am out with other people		
I have had too much salt in my diet		
I have a dry mouth		
I am feeling hot		

Thankyou! Your key situation is:

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Step 2: Making my plan

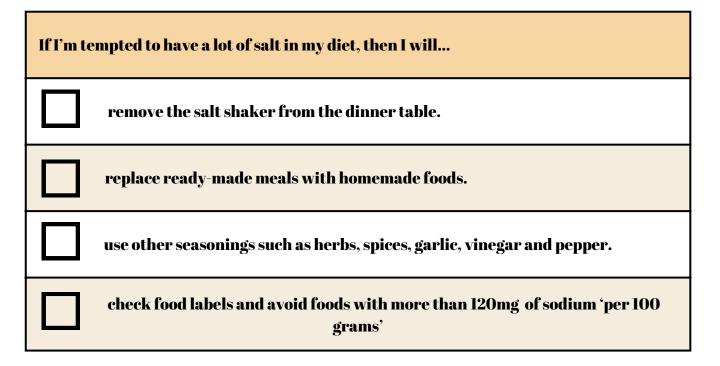
Choose the solution that you think will work best for you.

If I'm tempted to drink a lot of fluid because I am thirsty, then I will		
	only have half a cup of drink.	
	suck on a few ice cubes and limit this to 1 cup per day.	
	suck on a small piece of frozen fruit.	
	rinse my mouth out with mouth wash (but don't swallow).	
	rinse my mouth out with cold water (but don't swallow).	
	brush my teeth to freshen my mouth.	
	suck on some minty lollies.	
	suck on a slice of lemon.	
	have a mint.	
	chew on chewing gum.	
	use a spray bottle to wet my mouth.	
	use a fluid diary to help me manage how much fluid I have.	

Choose the solution that you think will work best for you.

If I'm tempted to drink a lot of fluid because I am out with other people, then I will				
	drink only tiny sips rather than big gulps.			
	use a small cup.			
	fill a cup with ice and take small sips as it melts.			
	ask the server not to refill my cup.			
	order a small glass.			
	tell my friends and relatives that i am trying not to drink too much fluid between dialysis sessions.			

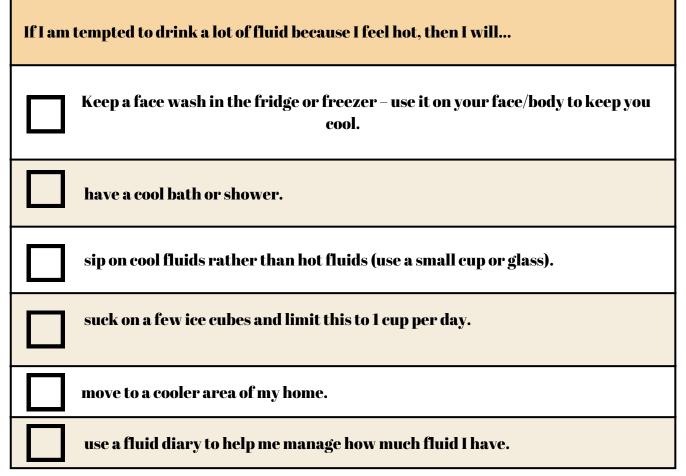
Choose the solution that you think will work best for you.



Choose the solution that you think will work best for you.

If I have a dry mouth, then I will				
	rinse my mouth out with water or mouthwash (but don't swallow it).			
	brush my teeth.			
	chew on chewing gum.			
	suck on a wedge of lemon or lime.			
	suck on an ice cube made with lemon juice.			
	suck on a mint or a sugar-free hard lolly.			

Choose the solution that you think will work best for you.



A behavioural change strategy for reducing interdialytic weight gain in haemodialysis treated patients. Volitional Help Sheet. Version 3.0, 29/08/204 Page 4 of 5

Congratulations on making your plan! MY FLUID PLAN IS:

If I am tempted to drink too much fluid because	
	[insert SITUATION]
then I will	[insert SOLUTION].

Use the following boxes if you have made more than one plan

If I am tempted to drink too much fluid because			
	[insert SITUATION]		
then I will	[insert SOLUTION].		
If I am tempted to drink too much fluid because			
	[insert SITUATION]		
then I will	[insert SOLUTION].		
If I am tempted to drink too much fluid because			
	[insert SITUATION]		
then I will	[insert SOLUTION].		
If I am tempted to drink too much fluid because			
	[insert SITUATION]		
then I will	[insert SOLUTION].		