

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...	
<input type="checkbox"/>	I am thirsty...
<input type="checkbox"/>	I am out with other people...
<input type="checkbox"/>	I have had too much salt in my diet...
<input type="checkbox"/>	I have a dry mouth...
<input type="checkbox"/>	I am feeling hot...

Thankyou! Your key situation is:

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...	
<input type="checkbox"/>	only have half a cup of drink.
<input type="checkbox"/>	suck on a few ice cubes and limit this to 1 cup per day.
<input type="checkbox"/>	suck on a small piece of frozen fruit.
<input type="checkbox"/>	rinse my mouth out with mouth wash (but don't swallow).
<input type="checkbox"/>	rinse my mouth out with cold water (but don't swallow).
<input type="checkbox"/>	brush my teeth to freshen my mouth.
<input type="checkbox"/>	suck on some minty lollies.
<input type="checkbox"/>	suck on a slice of lemon.
<input type="checkbox"/>	have a mint.
<input type="checkbox"/>	chew on chewing gum.
<input type="checkbox"/>	use a spray bottle to wet my mouth.
<input type="checkbox"/>	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...	
<input type="checkbox"/>	drink only tiny sips rather than big gulps.
<input type="checkbox"/>	use a small cup.
<input type="checkbox"/>	fill a cup with ice and take small sips as it melts.
<input type="checkbox"/>	ask the server not to refill my cup.
<input type="checkbox"/>	order a small glass.
<input type="checkbox"/>	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.

If I'm tempted to have a lot of salt in my diet, then I will...	
<input type="checkbox"/>	remove the salt shaker from the dinner table.
<input type="checkbox"/>	replace ready-made meals with homemade foods.
<input type="checkbox"/>	use other seasonings such as herbs, spices, garlic, vinegar and pepper.
<input type="checkbox"/>	check food labels and avoid foods with more than 120mg of sodium 'per 100 grams'

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

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

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

If I am tempted to drink a lot of fluid because I feel hot, then I will...	
<input type="checkbox"/>	Keep a face wash in the fridge or freezer – use it on your face/body to keep you cool.
<input type="checkbox"/>	have a cool bath or shower.
<input type="checkbox"/>	sip on cool fluids rather than hot fluids (use a small cup or glass).
<input type="checkbox"/>	suck on a few ice cubes and limit this to 1 cup per day.
<input type="checkbox"/>	move to a cooler area of my home.
<input type="checkbox"/>	use a fluid diary to help me manage how much fluid I have.

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].