

# Information about fluids

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

**If you do not know your fluid allowance, ask your doctor how much fluid you can have each day.**

**My fluid allowance is:\_\_\_\_\_ mL per day.**

This section will teach you three things: what counts as a fluid; how to keep track of what you are drinking; and tips to drink less.

## What is a fluid?






A fluid is anything that is liquid at room temperature. Here are some examples of fluids.

Fluids that you can drink		
<b>Water</b> standard glass 240mL 	<b>Coffee</b> mug= 300mL 	<b>Tea</b> small teacup=150-200mL 
<b>Soft drinks or beer</b> 1 can=375mL 	<b>Sports drinks</b> 1 bottle=600mL 	<b>Milk</b> 1 carton=600mL 
<b>1 glass wine=100mL</b> <b>1 nip spirits=30mL</b> 	<b>Juice</b> 1 standard glass= 240mL 	

Fluids that will melt to a liquid

<p><b>Sorbet or ice-cream</b></p> <p>1 scoop=30mL</p> 	<p><b>Ice block</b></p> <p>100mL each</p> 	<p><b>Ice cubes</b></p> <p>1 cube=15mL</p> 
<p><b>Milkshake or smoothie</b></p> 	<p><b>Jelly</b></p> <p>1/2 cup=125mL</p> 	

Fluids that are part of a food

<p><b>Soup</b></p> <p>1 cup=200mL</p> 	<p><b>Pasta and curries</b></p> <p>1 cup=250mL</p> 	<p><b>Salad dressing</b></p> <p>1 tablespoon=15mL</p> 
<p><b>Gravies</b></p> <p>2 tablespoon=40mL</p> 	<p><b>Sauces and syrups</b></p> <p>1 tablespoon=15mL</p> 	

## What happens when I have too much fluid?

Hard to breathe, especially when lying down

Swelling in your hands, feet, legs and face

High weight gain

High blood pressure

Chest pain

## Tips for managing your fluid allowance

1. Use a water bottle to keep track of your fluids (see section below).
2. Don't drink all your fluid allowance at one time. Spread this out across the day.
3. Use a fluid diary to keep track of how much fluid you have had each day (fluid an example on the last page).
4. Drink from small cups and glasses.
5. Avoid foods that are high in sodium (salt), as these will make you thirsty.
6. Add spices instead of salt to your food.
7. Freeze some of your fluid allowance in ice cube trays. Slowly suck on an ice cube when you are feeling thirsty.
8. Rinse your mouth or brush your teeth when your mouth feels dry. Do not swallow the water.
9. Keep a face wash in the fridge or freezer – use it on your face/body to keep you cool.

## How to keep track of your fluids

1. Weigh yourself.
  - a. Weigh yourself once a day in the morning before dialysis.
  - b. Make sure that you weigh yourself at the same time each day and wear the same type of clothes (e.g. pyjamas, pants and a top)
  - c. You should aim to not gain more than ½-1kilogram (kg) each day between dialysis sessions. This will add up to 1-2kg between each dialysis session (up to 2.5kg when you have a longer break)
2. Drink your fluid slowly across the day. Don't take all your fluid at once!
3. **Use a labelled drink bottle- Use the steps below to help you keep track of how much fluid you drink each day**



1. Get yourself a drink bottle.
2. Fill up the drink bottle to show the level of water. This is how much fluid you can have each day.
3. Pour the measured water out and start with an empty container.
4. Each time you drink something that counts as fluid, pour an equal amount of water into the bottle.
5. Stop drinking when the water gets to the marked line.
6. Repeat steps 2-5 every day.

# Tips for taking my medications without much fluid

## To take pills

### Tip 1

1. Put the pill in your mouth with a small amount of liquid
2. Take a sip of fluid from your allowance and look up at the ceiling
3. Let the pill sink to the back of your throat
4. Swallow the pill

### Tip 2

Take the pill with puree. It may make it go down easier

### Tip 3

Only if recommended by your doctor, swallow the pill without water










## To take capsules

### Tip 1

1. Put the capsule in your mouth
2. Take a sip of fluid and down at the floor
3. Let the capsule float up to the top of your throat
4. Swallow the capsule



# Use a fluid diary

Time	What did you drink?	Type of mug, cup or glass used					How much did you drink?			
		Teacup  247mL	Small mug  300mL	Big mug  380mL	Small glass  160mL	Half pint glass.  285mL	Drank a little 	Drank half. 	Drank most. 	Drank all. 
<b>Example</b>	<i>Water with pills</i>				✓		✓			
<b>Evening after 10pm</b>										
<b>Before breakfast</b>										
<b>Breakfast</b>										
<b>During the morning</b>										
<b>Lunch</b>										
<b>During the afternoon (between lunch and dinner)</b>										
<b>Dinner (evening meal)</b>										
<b>During the evening (after dinner)</b>										