

# Fluid Management



# Every Drop Counts

*Education and Activity Workbook*

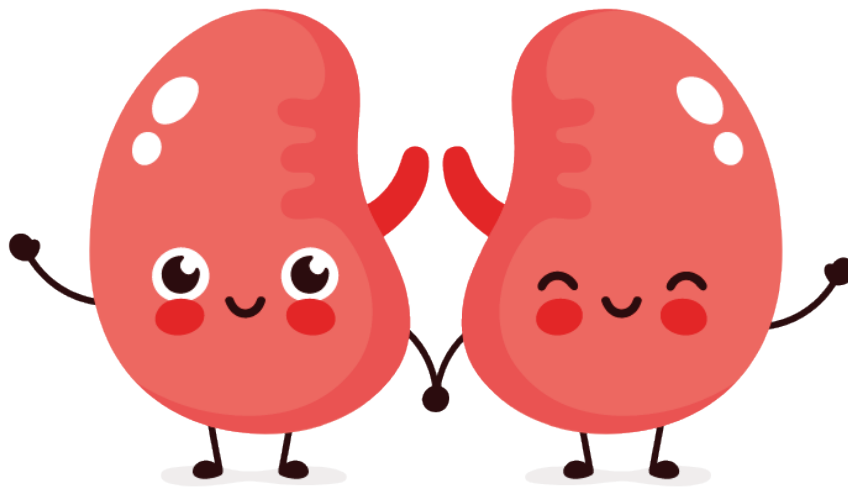


**Midwest  
Kidney Network**



**Quality  
Insights**

Renal Networks 3, 4 and 5



*This material was prepared by Quality Insights Renal Networks 3, 4 and 5, an End Stage Renal Disease (ESRD) Network and Midwest Kidney Network under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS.*

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# Fluid Management

When the kidneys do not work, extra fluid builds up in your body. If too much fluid builds up, dialysis cannot take out all of the extra fluid from your body. There are ways to make sure your fluid level is normal and keeps you safe.

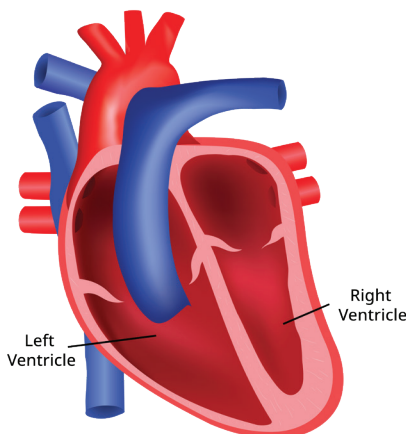
Go to all dialysis treatments and stay on the machine for the full time your doctor ordered.

Manage how much fluid you take in with your food and drinks.

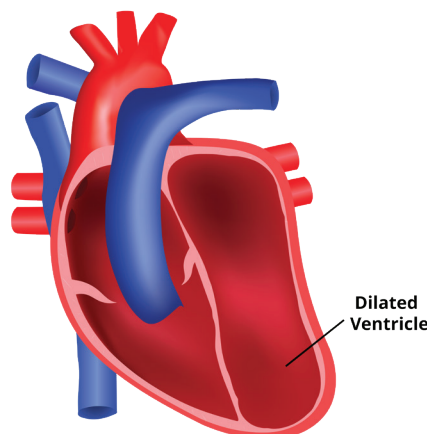
Too much fluid hurts your body and you will not feel good enough to do the things you want to do. It can even lead to needing care in the hospital and death. Why?

1. Extra fluid makes your heart too big so it cannot pump blood the right way in your body.

**Normal Heart**

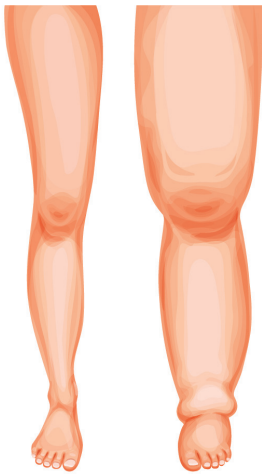
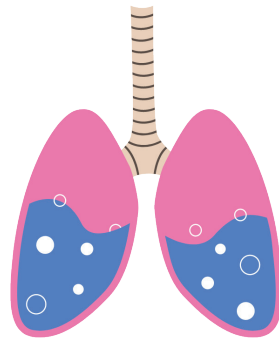


**Enlarged Heart**



# Fluid Management

2. Extra fluid can fill up your lungs so you cannot breathe easily.



3. Extra fluid can fill up in your legs making it hard to move and causing pain.

4. You can also feel sick to your stomach, tired, and not think clearly.

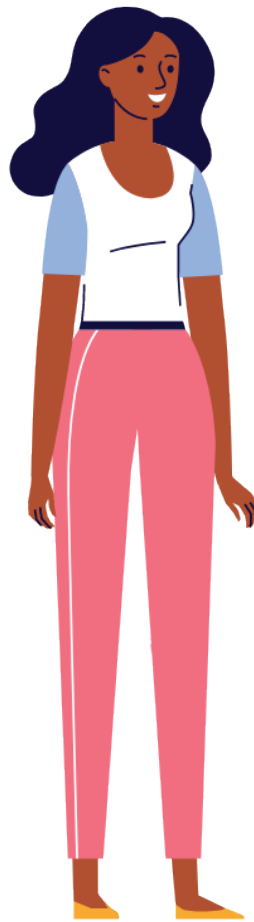


# Doing Fluid Management Right

*When you manage the level of your fluids,  
you feel good!*

Your blood  
pressure is  
healthy

You are at your  
dry weight

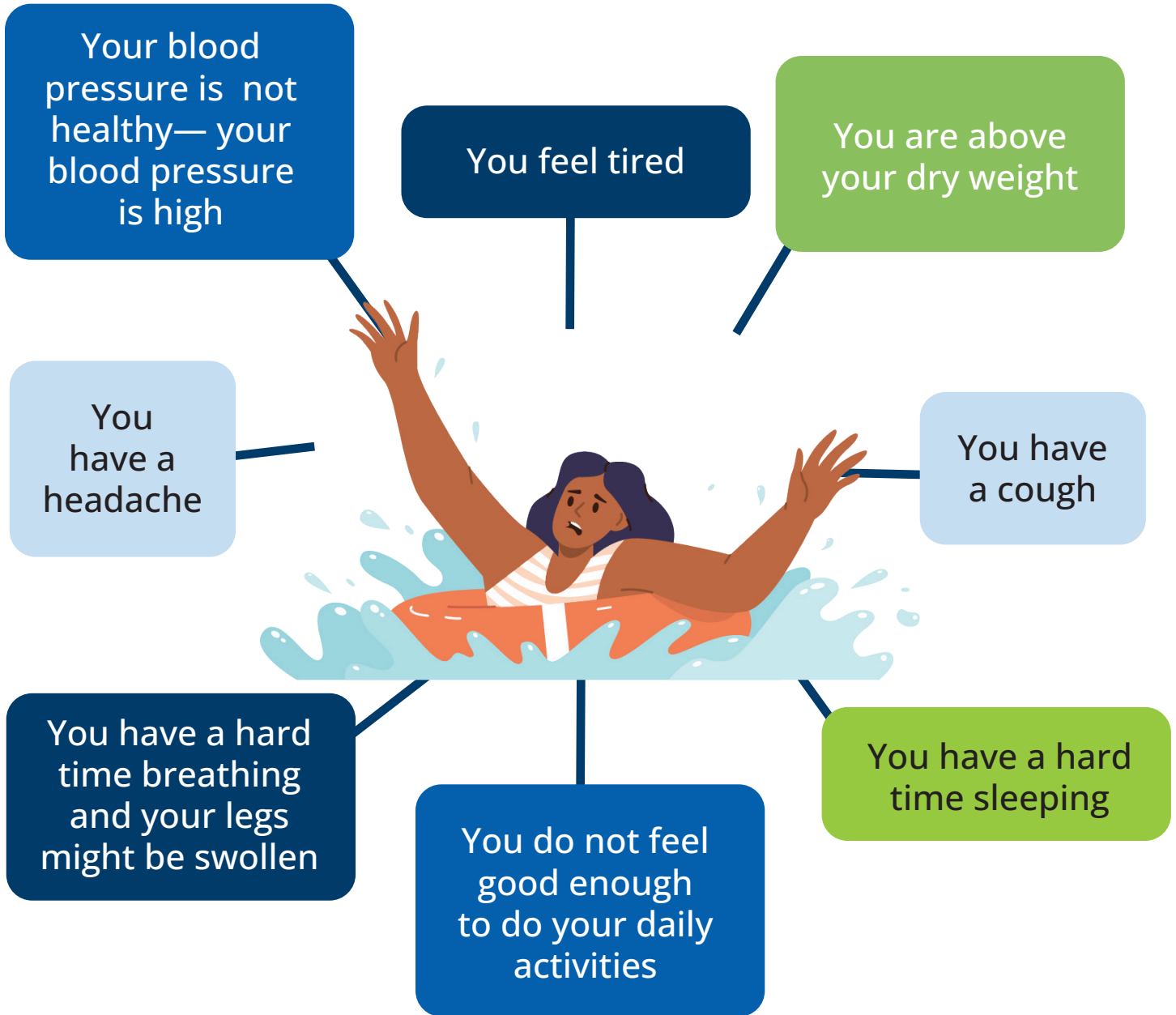


You can  
breathe well

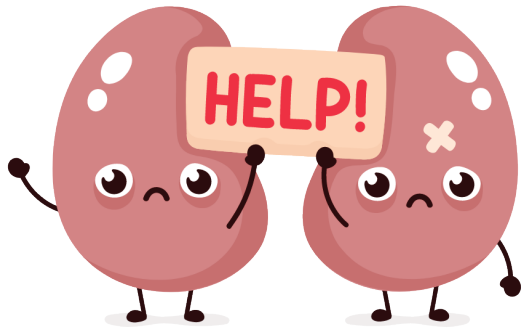
You can do your  
daily activities

# Not Managing Fluids

*When your body has too much fluid, you do not feel good!*



# Salt is Also Called Sodium



When your kidneys do not work, you need to limit how much fluid you eat and drink.

You also need to eat foods with a low amount of salt. Salt is also called “sodium” on food labels.

Salt causes two problems in managing fluids when your kidneys do not work.

1. Eating foods with too much salt, or sodium, make you feel thirsty and drink more. When you drink too much, there can be too much fluid to remove during dialysis treatment.



2. Salt makes your body hang onto extra water. When your body hangs on to extra water, it is hard to remove during dialysis treatment.



# Tips for Lower Salt Intake

*1. Do not add salt to the food you eat.*

*2. Do not add salt when you are cooking.*

*3. Read food labels to plan your meals.*

*4. Talk with your dialysis staff to learn how much salt intake is right for you.*

# Reading Nutrition Labels

This example has 470 mg of sodium per serving.

20% Daily Value or more of sodium **per serving** is HIGH.

Consult **your** dietitian or dialysis care team for your recommended sodium intake limit.

<b>Nutrition Facts</b>			
Servings Per Container 2			
Serving Size 1 cup (228g)			
<b>Amount Per Serving</b>			
<b>Calories</b>			<b>250</b>
			<b>% Daily Value*</b>
<b>Total Fat</b> 12g			<b>18%</b>
Saturated Fat 3g			<b>15%</b>
<i>Trans</i> Fat 3g			
<b>Cholesterol</b> 30mg			<b>10%</b>
<b>Sodium</b> 470mg			<b>20%</b>
<b>Total Carbohydrate</b> 31g			<b>10%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 5g			
<b>Protein</b> 5g			
Vitamin A			<b>4%</b>
Vitamin C			<b>2%</b>
Calcium			<b>20%</b>
Iron			<b>4%</b>
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

# Some Foods Count as Fluids, Too!

People on dialysis need to manage how much fluid they eat and drink so the body does not have too much extra fluid.

All the fluid in what you drink and eat adds to the fluid level in your body.

Everything you drink counts as a fluid – water, coffee, tea, soda, juice, alcohol, etc.

Some foods count as fluids too! Some of these are soup, ice cream, Jello, pudding, watermelon, grapes, gravy, sauces, and ice.

Do you know how much fluid you are allowed to take in each day?

Your dialysis team can tell you what a safe amount is for ***you***.

**My fluid limit each day is:**

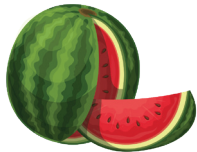
# It All Adds Up!

Match each picture to the correct amount of fluid found in each item.  
Talk to your dialysis team to learn more about the fluid intake  
that is right for YOU!



**Cup of coffee/tea**

240 mL (1 cup or 8 ounces)



**Watermelon- 1 cup, cut  
in cubes**

150 mL (2/3 cup or 5 ounces)



**Bowl of soup**

1000 mL or more!



**Ice cream cone**

175 mL (3/4 cup or 6 ounces)



**Large soda/water**

500 mL (2 cups or 16 ounces)



**Bottle of water**

360 mL (1.5 cups or 12 ounces)

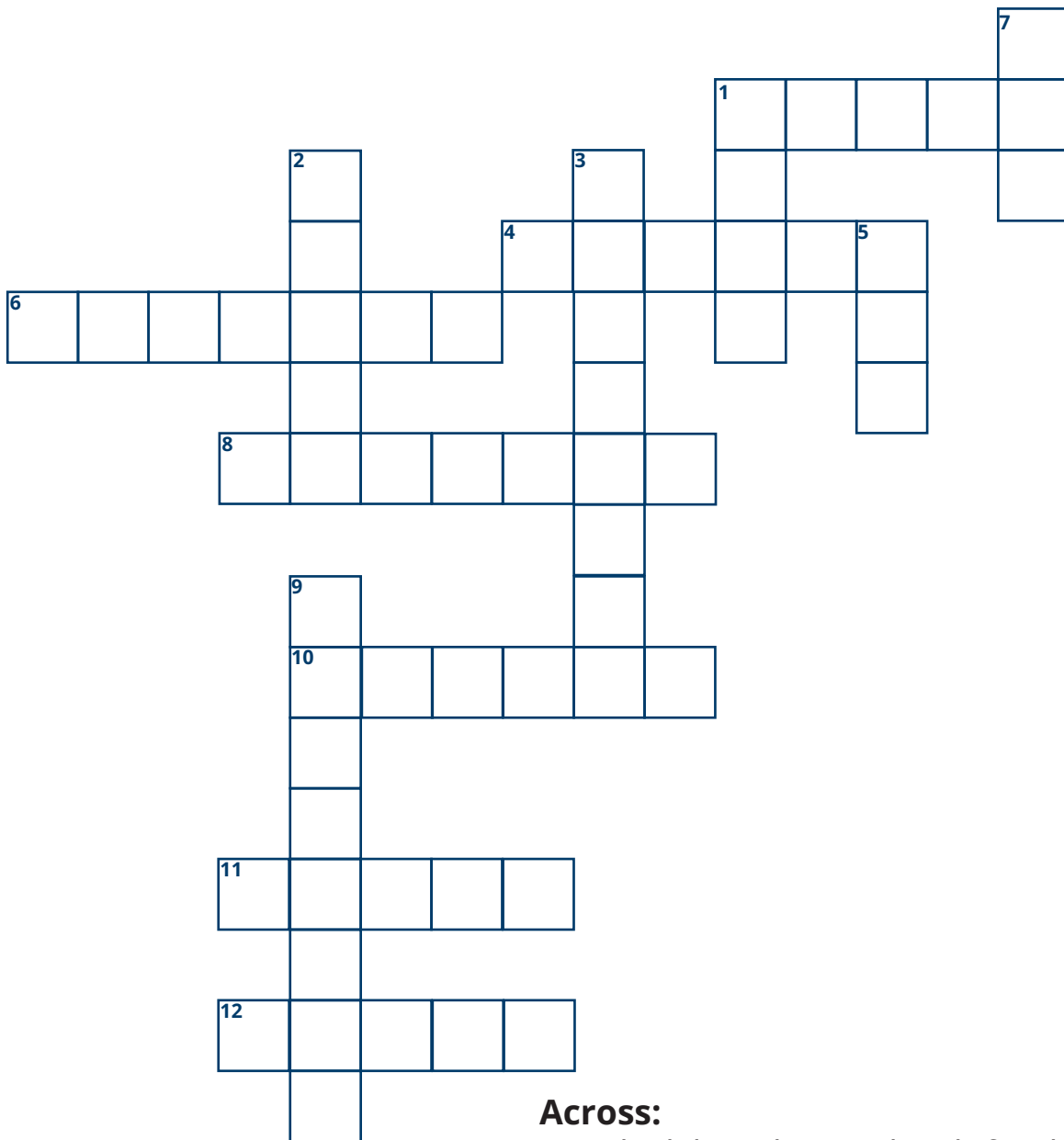


**Ice cubes- 5 cubes**

200 mL (3/4 cup or 7 ounces)

# Crossword Puzzle

## *That Counts!*



### **Down:**

1. A favorite type is chicken noodle
2. Liquid from a fruit
3. Frozen flavored water
5. You can drink this hot or cold
7. This makes your drink cold
9. A dessert made from milk

### **Across:**

1. A thick liquid served with food
4. A dairy food
6. The proof is in the...
8. Jello
10. A morning drink
11. The liquid part of soup
12. H<sub>2</sub>O

# Tips from Kidney Patients like you!

## Tip 1: Use less salt.

Instead of using salt, add flavor using spices and herbs.

Some herbs and spices to use instead of salt: rosemary, garlic, oregano, chili, ginger, cinnamon, and basil.



## Tip 2: Eat out less.

Takeout foods are not always healthy for you. They are often highly processed and contain high amounts of salt.

Try to eat home cooked meals more than you eat takeout foods.

## Tip 3: Limit your fluid intake.

Separate your total fluids for the day into small portions. For example, if you are limited to drinking 32 ounces for the entire day, you can separate that into small portions of 8 ounces, 4 times throughout the day.

For drinking more than 4 times throughout the day, make your drinking portions smaller by using a small cup. Take small sips, do not gulp.



8 oz. in morning



8 oz. at noon








8 oz. in afternoon



8 oz. in evening

# Tips from Kidney Patients like you!

## Common fluid portions

1 small juice glass	1 cup	1 large mug	1 can	1 large soda
				
6 fluid ounces	8 fluid ounces	10-12 fluid ounces	12 fluid ounces	32 fluid ounces

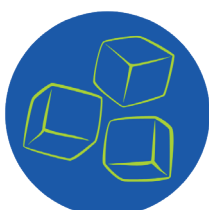
**Tip 4: When you feel thirsty, try chewing on ice cubes, ice chips, or a hard candy like Lifesavers, Jolly Ranchers, or lollipops.**



**Tip 5: Watch out for hidden sources of fluids, such as popsicles, ice cream or sherbert.**



*Anything you can pour:  
juice, coffee, protein shakes, water, milk, tea, soft drinks*



*Ice cubes  
1 cup = 3/4 fluid*



*Soups, broths, gelatin (including Jello)*



*Foods that melt at room temperature:  
ice cream, popsicles, frozen yogurt*



*Soft foods like pudding, yogurt, custard*

# Make Your Goals

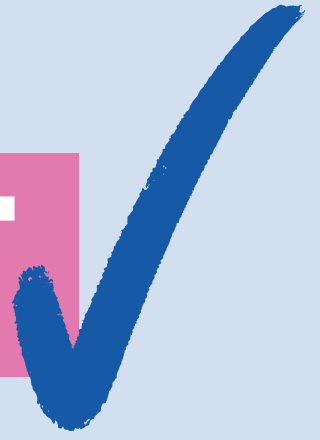
S

M

A

R

T



Setting goals is a great way to challenge yourself to make healthy lifestyle changes. Set yourself up for success by making your goals SMART!

## SPECIFIC

What is your goal?

## MEASURABLE

How will you keep track of your progress?

## ATTAINABLE

How will you achieve your goal?  
Make a plan!

## RELEVANT

How will this goal help you?

## TIMELY

When will you achieve this goal?

**S** My goal is: \_\_\_\_\_

*Example: I will follow the fluid intake limits as indicated by my doctor so I can: go to my daughter's wedding; go to my granddaughter's soccer game; feel better.*

**M** I will track my progress by: \_\_\_\_\_

*Example: I will write down the number of ounces I eat/drink. I will check my weight every day to see if there are any changes.*

**A** I will achieve this goal by doing the following: \_\_\_\_\_

*Example: 1. Plan how much I will drink during the day.  
2. Measure and track the amount of fluid I take. Including soup, Jello, ice, popsicles.*

**R** This goal helps me because: \_\_\_\_\_

*Example: This goal will help me feel better, avoid getting too much liquid, and stay away from the hospital.*

**T** I will complete this goal by (date): \_\_\_\_\_

*Example: I will achieve my goal by February 15.*





# Tracking My Successes: Example

How to track your success using the charts on the following pages:

- Each week, fill in the date.
- Fill in the fluid management tip you want to try for the week.
- At the end of the week, write down how you did with the tip.
- Write down any questions you have for your dialysis care team at the end of each week.
- Put the chart somewhere you will see it daily to remind you to manage your fluid.

## Example Chart

Date	Fluid Management Tip	My Successes	Questions for my care team
Week of February 11	Eat out less	Made dinner at home four nights	What are good substitutes for salt?
Week of February 18	Chew on candy when I feel thirsty	Carried lollipops with me	
Week of February 25	Find sources of hidden fluid in my diet	Kept a record of all of the food I ate and drank	







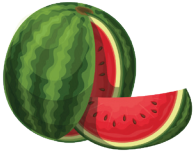


# Answer Key: It All Adds Up!



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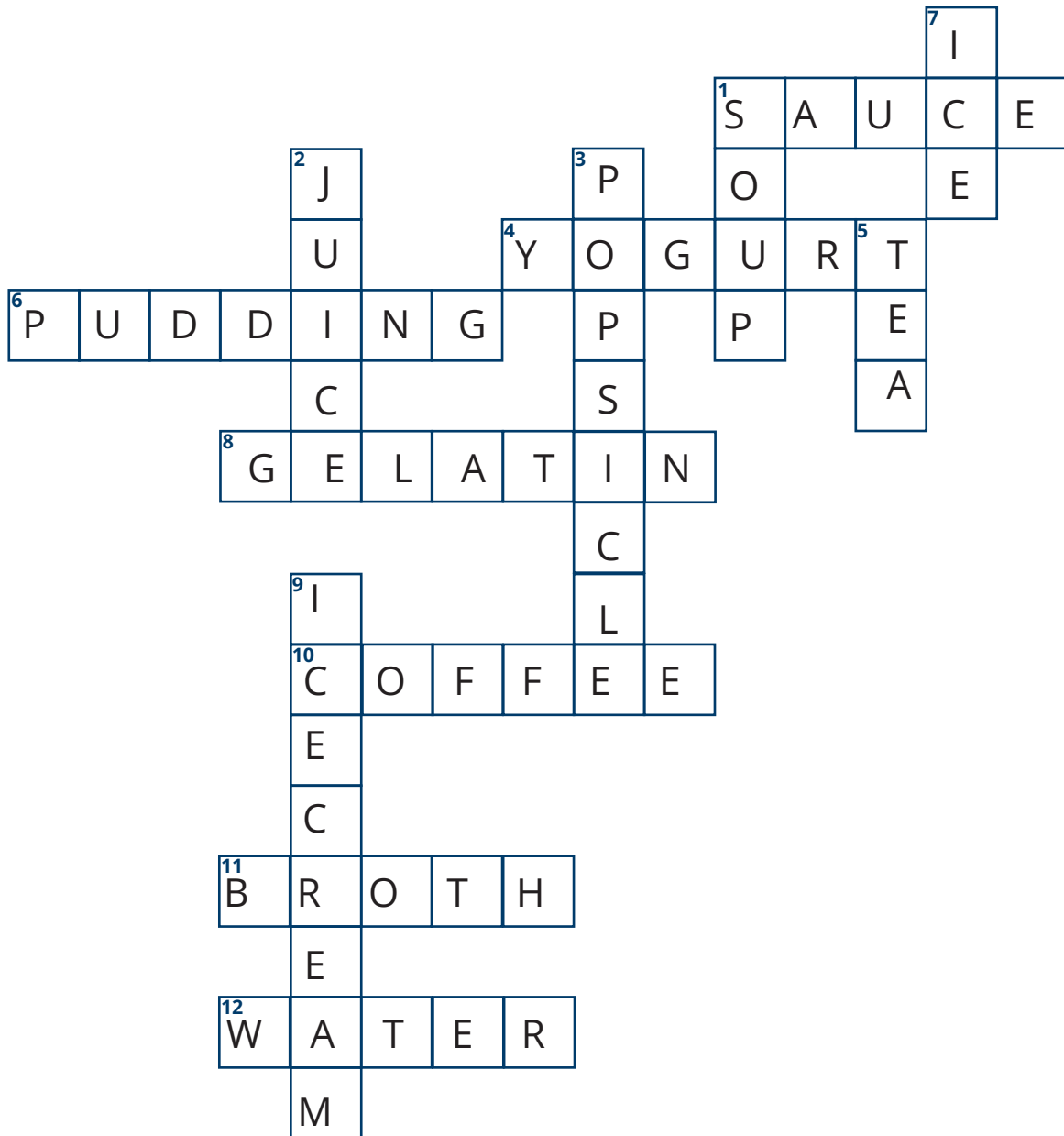


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