



KIDNEYS R US

FROM THE
QIRN3 PATIENT ADVISORY
COMMITTEE

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FLUID FACTS

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With summer coming, many people on dialysis find staying within their fluid guidelines a challenge. Fluid overload can cause shortness of breath, high blood pressure, and swelling in the hands and feet. Many patients are told they are limited to 1000 ml or 4 8-oz cups of fluid daily. This may be appropriate for some; however, fluid requirements for dialysis patients depend on many factors and therefore vary from one individual to another.

So you may be wondering, just how much fluid can I drink in one day to avoid excessive fluid weight gain? Fluid allowances depend on the following factors:

- Body weight (dry weight)
- Urine output
- Fluid gains

The larger the person, the greater the amount of fluid he or she can drink without gaining excessive fluid. For example, a patient that weighs 100 kg (220 pounds) will be able to drink more fluid than someone that weighs 50 kg (110 pounds). Also, individuals who have greater urine output are able to drink more fluid than those who have little to no urine output without gaining excess fluid. Finally, if you are someone who tends to gain excessive weight between treatments, this is a sign that daily fluid intake should be decreased.

If you tend to gain too much fluid between treatments, refer to the following tips for fluid control:

- Drink very hot or very cold (and carbonated) beverages. With cold beverages, fill and swish it in

your mouth, drain it over the sink and then swallow what is left in your mouth.

- Drain and carefully dry the fluid from your fruits and vegetables. Use a paper towel to dry cooked foods after draining them.
- Use small glasses. Allow yourself only one or two glasses of something to drink at a meal and don't drink between meals.
- Pick a time in the evening to stop drinking for the day.
- Chew your food slowly which will produce more saliva. You won't need to drink as much with your meal.
- Remember that fruits and vegetables contain liquid. Check out the water content of these foods:

Food	Amount of Water
Grapes, 1 cup	1/2 cup
Watermelon, 1 cup of chunks	2/3 cup
Apple, 1 medium with skin	1/2 cup
Fresh plum, 1 medium	1/4 cup
Strawberries, 1 cup	2/3 cup
Cucumber, 1/2 cup sliced	1/4 cup
Green beans, 1/2 cup cooked	1/4 cup
Summer squash, 1 cup cooked	1/4 cup

Fluid Measures

1/8 cup = 1 ounce = 30 cc = 2 Tablespoons

1 cup = 8 ounces = 250 cc = 1/2 pint

2 cups = 16 ounces = 500 cc = 1 pint

4 cups = 32 ounces = 1000 cc = 1 liter = 1 quart

1 kilogram = 2.2 pounds

1 pound = 16 ounces = 2 cups

2 pounds = 32 ounces = 4 cups = 1 liter = 1 kilogram

TRAVEL AND DIALYSIS

Many dialysis patients feel they will never be able to travel due to their need for treatment. This is not true! Peritoneal dialysis patients can take their supplies with them when they travel or have a cyler sent to their travel destination. Home hemodialysis patients can take their machine with them if necessary. But what happens for the patient who receives hemodialysis at an out-patient center?

Travel is possible for out-patient hemodialysis patients as well. It just requires some advance planning and coordination with your facility social worker. Traditional Medicare Part B will pay anywhere in the United States, Puerto Rico and the U.S. Virgin Islands. It will cover the 80% that it pays at your home dialysis center. Patients will need to either pay the 20% or have their secondary insurance billed for the 20% that Medicare doesn't cover. Patients will be responsible for the costs of any medications given during dialysis. If you receive some medications at your home unit once or twice per week, arrange to have it before you travel. This will save you the out of pocket costs to the transient center that may not bill your secondary insurance. Unfortunately, NJ Medicaid will only pay in NJ. Any dialysis care provided outside of the state of NJ will not be covered by Medicaid and would be the financial responsibility of the patient.

Medicare Advantage plans or private insurance plans that are an HMO or PPO may require the use of in-network providers or referrals from your primary care physician. Patients will need to check in advance with their insurance carrier to determine whether or not they have restrictions on care provided out of their home state or insurance network.

Patients need to determine exactly what dates they will be traveling and what is their destination. You need to write out an itinerary and speak with your social worker. Your social worker will assist you in locating facilities in the area where you will be traveling. He/she will make a contact call to either the facility or the corporate travel center to begin the proc-

ess of arranging your *transient* hemodialysis treatments. Patients will need to provide copies of their insurance cards to ensure the current information is available. Most facilities require current monthly lab work with a hepatitis antigen test. Some will require a current TB test or chest x-ray. Your social worker will let you know what tests need to be completed in order to arrange your transient treatments. The best way to ensure a smooth process is to plan in advance. It is usually helpful to begin the process at least 6 weeks in advance of your travel. If you plan to go to a heavily visited location such as the beach areas in summer, you should let your social worker know further in advance. Otherwise, you may have to travel a longer distance to get to an available out-patient hemodialysis center. As always, transportation to the transient dialysis center is the responsibility of the patient.

Some patients have even gone on cruises. These vacations are run by private companies and payment is arranged with the company. The costs for dialysis on the cruise ship can be expensive. Some patients arrange for dialysis at the locations where the ship will be docked. If cruising is your style, don't let dialysis crimp it!

Traveling can be a great experience and provide welcome relief to the normal routine of life. It can lift your spirits and give you a new outlook on life. Don't feel you can't travel because you are on dialysis. Proper planning and the assistance from your facility staff can help make it happen.

Safe travels and enjoy the journey!

Please visit: www.dialysisatsea.com
www.dialysisfinder.com
www.medicare.gov/dialysis

JOIN THE PAC TODAY!

The Patient Advisory Committee (PAC) consists of patients from dialysis facilities in our ESRD Network # 3. The committee develops the patient newsletter and promotes educational materials for ESRD patients. The PAC members have a genuine concern for the quality of care issues and encourages patients to be involved in their healthcare, share skills and experience, and attend meetings. Call toll free 1-888-877-8400 and join the PAC!

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