



## FLUID RESTRICTION 101

### 1. The hard truth:

Let's start with the serious fact that fluid is "no laughing matter". Excess fluid is a true danger to your heart. That extra fluid weight makes your heart work harder to pump blood through the body. Over time it can lead to an enlarged heart with weak muscles. A weak heart can't pump oxygen rich blood to the body as fast as it is needed.

So, you ask, how do I know the right amount of fluid to drink in order to prevent this from happening to me?

### 2. The fluid allowance:

To determine your fluid restriction find out how much urine you make in a 24 hour period. Add that amount to 4 cups (8 oz. per cup), a dialysis patient's normal daily allowance. For example: you may make  $\frac{1}{2}$  cup (4 oz.) urine in 24 hours; after adding this to 4 cups (32 oz.), you know your fluid restriction is 4  $\frac{1}{2}$  cups (36 oz.) in every 24 hours.

An inexpensive measuring container can be found at most dollar stores to use for this collection.

### 3. Know your dry weight:

Ask a member of your health care team to tell you your **dry weight**. This is the weight that your body is in proper fluid balance. The goal is to reach this dry weight by the end of each dialysis treatment.

### 4. How do your weights measure up?

Compare your weight before dialysis to your dry weight. If it is more than 2.5 kgs (4 kgs over weekends) higher, then your fluid intake is too high.

**Note: 1 kg = 2.2 lbs**

**2.5kgs = 5.5 lbs**

**\*Imagine carrying a dumbbell on your heart every day!  
How much does your fluid dumbbell weigh?**

**5. Liquids are:**

**Remember, liquids are anything that melts down at room temperature.**

This includes gelatin, popsicles, sherbet, soup and beverages.

**6. Helpful tips to stay within your limit:**

\*Complete your full treatment time to remove all fluids gained.

\*4 hour treatment time or more is optimal.

\*Use a small cup for drinking (4 oz.)

\*Freeze fruit such as grapes for an ice cold snack.

\*Rinse your mouth frequently. Half strength mouthwash can be kept in the refrigerator for this purpose.

\*Use chap-stick regularly.

\*Chew gum or suck on hard candies.

\*Avoid salty foods as they will make you thirsty.

\*1 cup of ice = about ½ cup of water.

\*Popsicles are a good way to cool down. 1 single stick popsicle = 1/4 cup fluid (2oz.)

**Summer Fun: Make Your Own Popsicles**

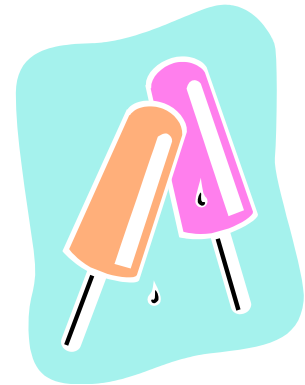
Experiment with your favorite low potassium fruits and juices.

1. Purée 2 cups of sliced fruit in the blender.
2. Mix 1 cup of water with 2 cups of juice.
3. Blend fruit purée into juice mixture.
4. Pour into single popsicle molds or Dixie cups.  
(Put a craft stick in the middle after partially frozen)

**Examples:**

Strawberries with lemonade

Blueberries with white grape juice



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