

FLUID RESTRICTION

Healthy kidneys regulate fluid balance and help to remove fluid and waste from your body. When you have kidney failure, hemodialysis gets rid of excess fluid and waste products in the body but not as effective as healthy kidney. Weight gain between dialysis is due to excess fluid builds up between dialysis treatments.

Extra fluid with excess weight gain can affect your body in harmful ways. It can cause:

- Swelling in the feet, ankles, wrists, face
- Shortness of breath due to fluid in the lungs
- Increase in blood pressure
- Heart problems, e.g. fast pulse, weakened heart muscles and an enlarged heart
- Muscle cramping and drop in blood pressure after dialysis treatment, which can leave you feeling nauseated, dizzy and weak.

In general, any food that is liquid at room temperature contains water is considered a fluid. Examples of fluids are drinking water, tea, coffee, juices, soup, soft drink, alcoholic beverage, porridge, gravy sauce, jelly, ice, frozen dessert and ice-cream.

You may use the following item to estimate fluid content.

Item	Volume (ml)
1 tablespoon	15
1 Chinese soup spoon	30
1 ice cube	20
1 full sip	30
1 Chinese bowl of porridge	100
1 tea cup	150
1 cup	250
1 mineral water bottle (500ml)	500

Tips for better fluid control!!

- Measure and prepare fluid allowed for the day in a water container. Divide fluid allowance throughout the day with include water for your medications.
- Suck on ice cube, sour candies or lime wedges to moisten a dry mouth.
- Drink from smaller cups.
- Rinse mouth with water but do not swallow it.
- Limit salty food so you will feel less thirsty.
- Control your blood glucose level.

You may drink _____ ml a day (= _____ cups a day).

For any enquiry, please consult your dietitian for further explanation.