

Fluid & Fluid Control

Kidneys help to control the amount of fluid that leaves your body. If your kidney disease progresses, your kidneys may be unable to regulate the removal of fluids from your body and as a result your doctor may ask you to limit your fluid intake. You may need to limit the amount of fluids that you take in each day in order to prevent too much fluid from building up in your body. Too much fluid may cause swelling/edema, shortness of breath, and/or high blood pressure.

What exactly is a fluid? Fluids are considered to be any food that is liquid or anything that melts into a liquid. Examples of fluids include the following:

- Coffee
- Tea
- Sodas
- Soups
- Popsicles
- Ice cream, sherbet
- Ice cubes
- Gelatin
- Milk, liquid creamer
- Water used to take medications



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If your doctor advises you to decrease the amount of fluids you eat and drink each day these tips may help you.

- Drink only when thirsty. Do not drink out of habit or to be social.
- Eat less salt so you will feel less thirsty.
- Suck on ice.
- Brush your teeth three to four times a day; this is to prevent your mouth from drying out.
- Suck on a lemon wedge.
- If you have diabetes, control your blood sugar.
- Chew sugarless gum or suck on sugarless hard candy.
- Take your medications with sips of fluid.
- When dining out, ask for your beverage to be served in a child-size glass.
- Measure how much fluid your favorite cup or glass holds so you will be better able to monitor the amount of fluid you drink.
- After measuring out the total amount of fluid you can drink for the day, place the water in a container. During the day drink only from this container so you can keep an eye on the amount of fluid you have consumed.

References:

- "Limiting Fluid When You Have Kidney Disease", Krames Communication, 1997.
- Devney, P., Ishkanian, I., Sentiasteban, H., "Managing Kidney Disease", Krames Communication, 2002.
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