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Managing Fluid Intake

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We need fluid for our bodies to work properly. However, when the kidneys are not working properly, fluid intake must be limited to keep fluid from building up in our bodies.

The amount of fluid allowed in your diet depends on the amount of urine (pee) you make.

Signs that you are taking in too much fluid

- Rapid weight gain
- High blood pressure
- Swelling of hands and feet
- Shortness of breath
- Fatigue (tiredness)

The general amount of liquid you are allowed is **500 mL (2 cups) plus an amount equal to the previous 24 hours' output of urine, unless your doctor advises otherwise.**



250 mL	=	8 oz	=	1 cup
180 mL	=	6 oz	=	3/4 cup
125 mL	=	4 oz	=	1/2 cup
60 mL	=	2 oz	=	1/4 cup

If you have not passed any urine, you can only take in 500 – 750 mL (2-3 cups). **2 cups** of extra fluid equals **1 pound** of weight gained.

Sources of fluid in the diet

The body gets fluid from water and other beverages (coffee, tea, milk, juice, pop, alcohol) but also from food. A fluid is anything that would be liquid at room temperature, like: ice cubes, popsicles, ice cream, sherbet, fudge sticks, Jello®, puddings, and soups.

Tips for managing your fluid intake

- Measure the fluid you're allowed to have every morning in a pitcher or jug. Every time you eat or drink a fluid, empty that same amount from the pitcher. Once it is empty, that's all for the day!
- Use small cups and glasses.
- Rinse your mouth with water but do not swallow it (or you can use ice-cold mouthwash).
- Brush your teeth more often throughout the day.
- Drink ice-cold liquids because they satisfy better than liquids at room temperature.
- Suck on ice cubes or ice chips, **but remember**, they are part of your **daily fluid allowance**. (Try using ½ cup (125 ml) of water to make ice cubes at night, then pour off ½ cup (125 ml) of water from your pitcher first thing in the morning.)
- Suck on hard candy or mints (sugar-free if you have diabetes.) Sour candy works best.
- Drink lemonade instead of water or squeeze lemon juice in your ice cubes when you make them.
- Stay away from salty foods. Salt makes you thirsty.
- If you have diabetes, try to keep blood sugar under control. High blood sugar will make you thirsty.

