

MANAGING RENAL PATIENTS' FLUID INTAKE



Patient Care America knows that managing fluid intake can be a challenge. So we have included a few tips, references, and fluid alternatives below that may help you avoid some of the undesirable side effects associated with fluid retention.

When fluid intake is controlled, quality of life often improves. You may notice that you breathe or sleep better, have fewer trips to the hospital, an increased appetite and/or achieve better results from your therapy.



FLUID RESTRICTIONS

Your doctor can help you determine your optimal fluid intake, based on some of the following factors:

Weight: _____

Diagnosis: _____

TOTAL DAILY FLUID ALLOWANCE:



COMMON MEASUREMENTS

- 2 tablespoons = 1 oz.
- 1/2 cup = 4 oz.
- 1 cup = 8 oz.
- 4 cups = 1 quart = 32 oz.
- 8 cups = 2 quarts = 64 oz.

FLUIDS

We have provided a number of common dietary items that should be counted as part of your daily fluid intake.

You can easily track this information via your smart phone using the National Kidney Foundation's free app, available at: tiny.cc/iPhone-fluid-overload
tiny.cc/Android-fluid-overload

Cranberry Juice



Ice Cream



Apple Juice



Soup



Grape Juice



Jello



**Watermelon
(almost all water)**



Milk



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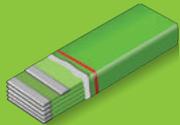
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WATER ALTERNATIVES The following are excellent water alternatives that can refresh your thirst without compromising your recommended, daily fluid intake.

Sugar free gum and candy



Butterscotch candies



Sour candies, such as lemon drops



Citrus flavored water
(Ex.: lemon/lime)



Ice chips

NOTE: Consume in moderation. One cup of ice chips = 1/2 cup of water.



Frozen Strawberries



Frozen grapes



Biotène® Dry Mouth Oral Rinse



OTHER TIPS



1 Sour items are generally better than sweet, which can cause thirst in most people.

2 Reserve some of your daily fluid intake to take with your medication.

3 Limit or avoid coffee, black tea, soda, caffeinated beverages, and high sodium drinks like tomato or vegetable juice, which can make you thirsty.

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