

Controlling Your Fluid Intake

People on dialysis often have decreased urine output, so increased fluid in the body can put unnecessary pressure on the person's heart and lungs.



- A fluid allowance for individual patients is calculated on the basis of 'urine plus 500ml.' The 500 ml covers the loss of fluids through the skin and lungs.
- Most patients will not urinate as much once they begin Hemodialysis. Those who produce a lot of urine may be able to drink more than those who do not produce urine.
- Between each dialysis treatment, patients are expected to gain a little weight due to the water content in foods (fruits and vegetables).
- The amount of fluid in a typical day's meal (excluding fluids such as water, tea, etc.) is at least 500 ml and therefore expected daily weight gain is between 0.4 – 0.5kg.
- To control fluid intake, patients should:
 - ✓ Not drink more than what your doctor orders (usually 4 cups of fluid each day)
 - ✓ Count all foods that will melt at room temperature (Jell-O® , popsicles, and fruit ices).